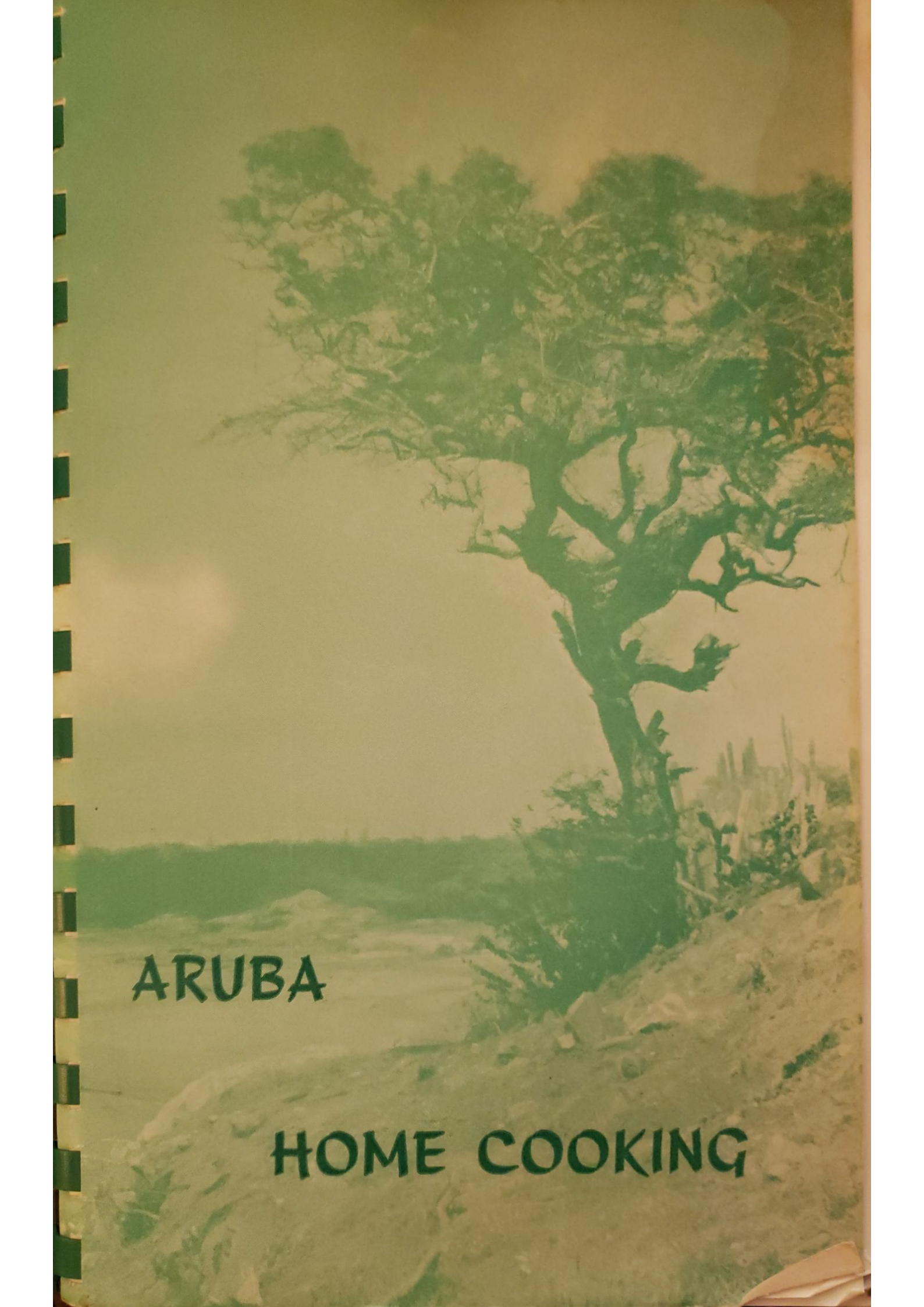


A vintage photograph of a large, gnarled tree with a thick trunk and dense foliage, standing on a rocky, elevated terrain. The tree is the central focus, with its branches spreading out. In the background, a calm body of water stretches to the horizon under a hazy sky. The foreground shows the rocky ground and some sparse vegetation. The overall tone is sepia or aged green.

ARUBA

HOME COOKING



ARUBA HOME COOKING

Published by
THE WOMENS' GUILD
of
LAGO COMMUNITY CHURCH

Seroe Colorado
Aruba, Netherlands Antilles
May 1962

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ORANJESTAD, NETHERLANDS ANTILLES

INTRODUCTION

Gathered beneath our cover depicting a solitary Kwiki tree in the Aruba cunucu is a recipe collection compiled through contributions made by housewives residing now or formerly in Aruba. These bits of culinary art are favorites of families and guests — the pride of the kitchens from whence they came. Here they are for us to share and enjoy — to become favorites in kitchens everywhere.

The variety of recipes is based not only on contributions received but also on the availability of certain foods in Aruba. A sauce or combination of spices or seasonings transform an everyday staple into an interesting entree or accompaniment. Our island heritage has afforded us the opportunity to familiarize ourselves with the customs and, fortunately, the cuisine of a cosmopolitan population.

It is with great pleasure we present this book to you. We sincerely hope that it will become a real aid in your menu planning and also a fond souvenir of your many friends and memories of Aruba as they are represented on these pages.

Cookbook Committee
Womens' Guild, Lago Community Church
Aruba, Netherlands Antilles

Our Church

Lago Community church is an interdenominational church serving approximately four hundred families of Seroe Colorado. The church was organized as The Pan-American Community Church Association in 1929. The present building overlooking the sea was dedicated on July 30, 1939. Further improvements to accommodate church school classes in the lower patios were completed prior to 1948, at which time the large patio on the South side of the church was completed. Our most recent development has been the large church school patio which was dedicated July 10, 1955.

The Womens' Guild had its early beginning in 1940, due to the interest and enthusiasm of Mrs. George Wilken. The Guild has become an integral part of the church program, providing fellowship and service experiences for all the women of Seroe Colorado.

Photo by W. L. Myers

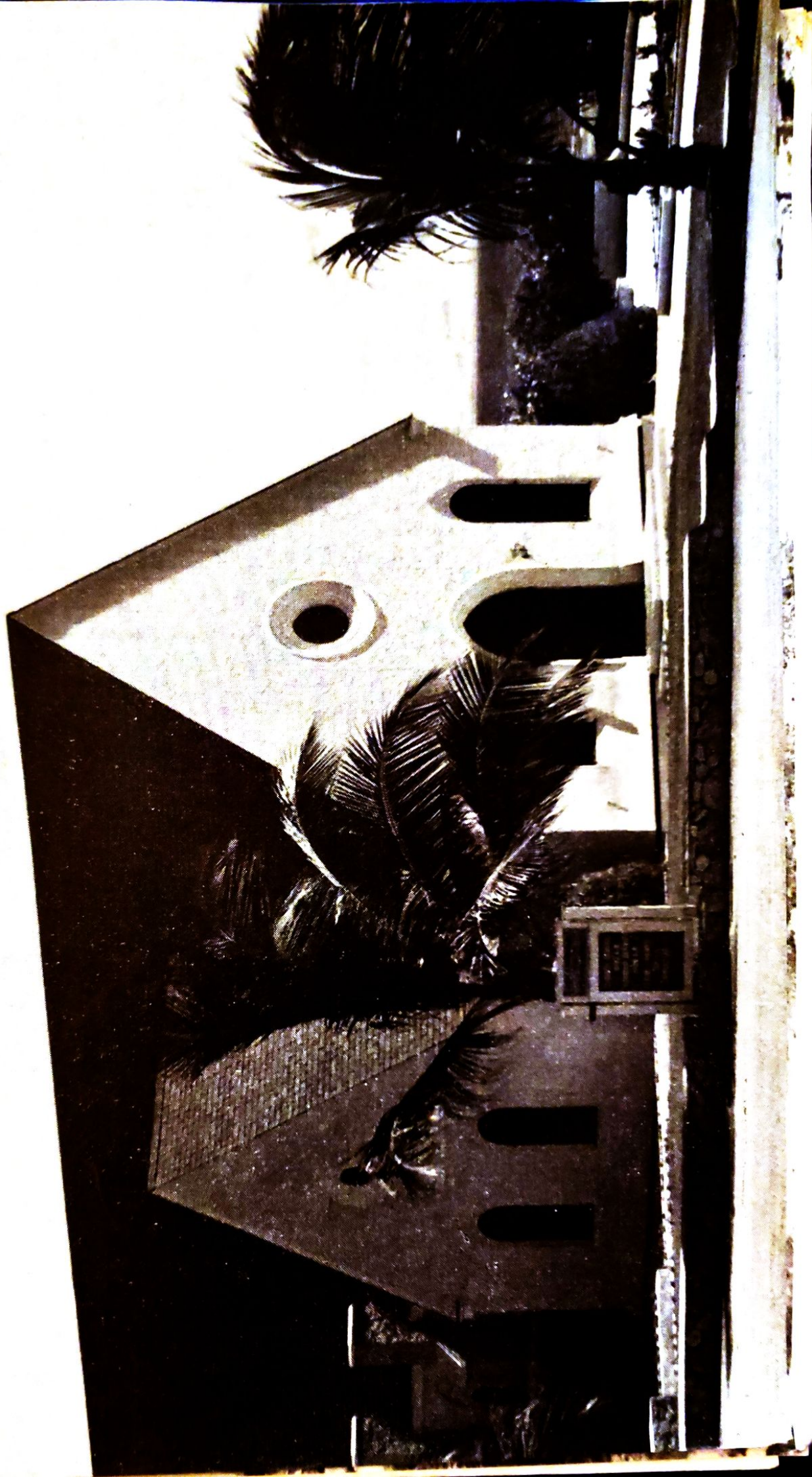


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CANAPES

CANDY

SANDWICHES

SAUCES

SOUPS

*I do not know what next may come
Across my pilgrim way;
I do not know tomorrow's road
Nor look beyond today.
But this I know: My savior knows
The path I cannot see,
And I can trust His wounded hand
To guide and care for me.*



Photo by Ralf Humphreys

Salads

Good French Dressing

- | | |
|---------------------------------|------------------------------------|
| $\frac{1}{3}$ Cup salad oil | $\frac{1}{2}$ tsp. salt |
| $\frac{1}{3}$ Cup catsup | $\frac{1}{2}$ tsp. paprika |
| $\frac{1}{2}$ Cup sugar (scant) | $\frac{1}{3}$ Small onion (grated) |
| $\frac{1}{4}$ Cup vinegar | Juice of one lemon |

Put ingredients in pint jar and shake well.

Mrs. Stella B. Osborn

French Dressing for Fruit Salad

- | | |
|-------------------------|------------------|
| $\frac{1}{2}$ Cup sugar | 1 Cup salad oil |
| 1 tsp. dry mustard | 4 Tbsp. vinegar |
| 1 „ salt | 2 „ catsup |
| 1 „ celery seed | Paprika to taste |
| 2 „ onion juice | |

Chill salad oil in freezing compartment until stiff, (or leave overnight). Also chill a small mixing bowl before putting in the chilled salad oil and then beat. Combine other ingredients and beat until thick. Keep in ice box.

Mrs. J. Rosborough

Come Back Sauce - French Dressing

- | | |
|-------------------------------|---------------------------------|
| 6 Cloves garlic chopped | 2 Bell peppers (chopped) |
| 2 Cups mayonnaise | $\frac{1}{2}$ tsp. paprika |
| $\frac{1}{2}$ Cup chili sauce | Juice of 2 medium onions grated |
| $\frac{1}{2}$ Cup catsup | Juice of 2 lemons with 2 Tbsp. |
| 2 tsp. French mustard | water |
| 1 Cup Wesson Oil | Dash of tabasco sauce |
| 2 tsp. Lea & Perrin | Dash of salt |
| Worcestershire sauce | |

Mix and keep in refrigerator. Lasts indefinitely. Makes 1 quart.

Martha Walker

Cabbage Salad Dressing

Mix and bring to boil:

- | | |
|---------------------------|------------------------|
| $\frac{1}{3}$ Cup vinegar | 1 tsp. mustard |
| $\frac{1}{2}$ Cup sugar | 1 tsp. salt and pepper |

Beat 2 eggs and add to hot mixture. Cook until thick and add $\frac{1}{2}$ cup of sour cream.

Amber Ballard

Salads

Mayonnaise a la maniere

- 1 Egg
- 3 Tbsp. oil
- 2 Tbsp. vinegar
- A dash of salt

A little parsley and onion, well minced

A dash of Maggi seasoning

In your double boiler cook yolk of egg with oil and vinegar. Stir constantly and never put pot over direct flame. When yolk is creamy, take the pot off the fire and let cool a little. Stir from time to time. Now you beat the white of egg very stiff and add this little by little to the yolk adding the parsley, onion, salt and Maggi seasoning.

You will see that you get a very light and foamy mayonnaise, quite different from the heavy and oily one you usually buy at your grocery. But there is one thing you have to know about this mayonnaise. You can never prepare it a long time before your meal is to be served. Preparing and serving it at once is the best way, and never put it in your refrigerator.

Elisabeth Hartog

Tomato Soup Salad Dressing

- 1 Can tomato soup
- 1 Cup olive oil
- 1 1/4 Cup vinegar
- 1 tsp. dry mustard
- 1 tsp. pepper

- 1 tsp. paprika
- 2 tsp. salt
- 1/2 Cup sugar
- 1 Onion - cut fine
- 6 Garlic cloves - cut fine

Let stand overnight. Strain. Use with blue cheese.

Mrs. C. B. Shapley

*The baby helped snap beans today,
She saved the waste, threw good away.
I thought how patient God must be
When I help Him as she helps me.*

Yogurt Dressing

- 1 Part mayonnaise

- 2 Parts yogurt

Mix well and use on cole slaw - instead of more fattening sour cream. Rectify seasoning to suit. This requires more salt.

Mrs. Chas. K. Scott

Apple Raisin Slaw

- | | |
|-------------------------------------|-----------------------|
| 2½ Cups chilled cabbage | 2 Tbsp. lemon juice |
| ½ Cup raisins | ½ Tbsp. sugar |
| 3 Small red apples
(remove core) | 1 Tbsp. salt |
| | 3 Tbsp. salad oil |
| | ½ Cup evaporated milk |

Mix lemon juice, sugar and salt stirring slowly. Add oil. Then add to milk, stirring until well blended. Chill. Cover slaw, toss with a fork.

Dottie Hermansen's Mother

Avocado Ring with Blueberries

Lightly oil a 1 - qt ring mold with salad oil (not olive oil) and set it aside to drain.

Pour into a small cup or custard cup, ¼ cup cold water. Sprinkle evenly over cold water, 1 Tbsp. (1 env.) unflavored gelatin. Let stand about 5 mins. to soften. Dissolve completely by placing bowl over very hot water. Stir dissolved gelatin and blend in, in order:

- | | |
|---------------|-----------------------------|
| 1½ tsp. sugar | ¼ tsp. monosodium glutamate |
| 1 tsp. salt | Few grains pepper |
| Set aside. | |

Rinse, cut into halves, remove pits and peel

- 2 medium size ripe avocados

Cut each into several pieces. Force through a sieve into a bowl. Blend in:

- | | |
|---------------------|--------------------------|
| 1 tsp. grated onion | ¼ tsp. grated lemon peel |
| ½ tsp. lemon juice | |

Blend in the dissolved gelatin mixture and:

- | | |
|------------------------|------------------|
| 1 Cup thick sour cream | ¼ Cup mayonnaise |
|------------------------|------------------|

Turn into the prepared mold. Chill in refrigerator until firm. Shortly before serving, rinse, sort and drain 1 pint blue berries. If using frozen berries, thaw, rinse and drain thoroughly. Unmold Avocado Ring onto chilled serving plate. Arrange a ring of blueberries around bottom of mold. Heap remaining berries in center of ring. Yields about 8 servings.

Robin Garig

Blessed are those who can give without remembering and take without forgetting.

Salads

Bean Salad

- 2 Cups drained kidney beans
- 2 Oz. mushrooms (sliced)
- $\frac{1}{2}$ Cup diced onion
- $\frac{1}{4}$ Cup well seasoned French dressing
- $\frac{1}{2}$ Cup diced green pepper

- $\frac{1}{2}$ Cup diced celery
- 1 Cup unpeeled cucumber
- 1 tsp. prepared mustard
- 2 Tbsp. mayonnaise
- $\frac{1}{2}$ tsp. salt

Combine kidney beans, mushrooms, onions and french dressing. Marinate in refrigerator for several hours. Place the remaining ingredients in another bowl and just before serving, mix the two together.

Marge Kirkman

On Serving Raw Carrots

- 1 Cup grated raw carrots
- 1 Cup crushed pineapple

- A few diced pecans
- $\frac{1}{2}$ Cup mayonnaise

Mix carrots with drained pineapple and pecan meats. Then mix in the mayonnaise. Shape and serve on lettuce leaves.

Mrs. Charles Berrisford

Celestial Golden Salad

- 2 Packages orange jello
- 2 Cups very hot water
- 1 Cup ginger ale

- 1 11-ounce can frozen orange juice concentrate
- 1 11-ounce can mandarin oranges, drained

Dissolve jello in hot water. Stir in the reserved orange syrup, orange juice concentrate, and ginger ale. Chill until thickened; fold in Mandarin Oranges.

Helen Dodge

Frozen Cream Cheese Salad

- 2 Packages cream cheese
- $\frac{1}{2}$ Cup orange juice
- $\frac{1}{2}$ Cup confectioners sugar
- $\frac{1}{2}$ Cup chopped nuts

- 1 Small can crushed pineapple (drained)
- 1 tsp. vanilla
- 1 Bottle Avoset whipped

Mix all ingredients and put in ice tray. Place in the freezing compartment of refrigerator until frozen. Serve on lettuce leaf and top with mayonnaise.

Betty C. Himes

Molded Cheese Salad

- | | |
|----------------------------|--------------------------------|
| 1 Pkg. lemon jello | 1 Cup grated American cheese |
| 2 Cups boiling water | 1 Cup canned crushed pineapple |
| ½ Cup heavy cream, whipped | ½ Cup sliced stuffed olives |
| 1 Cup chopped walnuts | Cooked salad dressing |

Dissolve jello in boiling water and chill until it begins to thicken. Whip until fluffy and fold in next 5 ingredients. Pour into a ring mold or individual molds and chill until firm. Serve with dressing. Serves 8.

Mrs. R. F. Martin

Chicken Salad

Boil and cut fine:

- | | |
|------------------------|-------------------------|
| 1 - 2½ - 3 lb. chicken | 2 Medium Irish potatoes |
|------------------------|-------------------------|

Chop and add:

- | | |
|-----------------|---------------|
| 4 Medium apples | 1 Cup celery |
| 4 Sour pickles | 1 Small onion |
| 4 Boiled eggs | |

Mix all ingredients and add:

- | | |
|--------------------------|---------------------------|
| 1 Cup chicken fat | Moisten with Miracle Whip |
| Salt and pepper to taste | |

Add:

- 1 Cup finely chopped pecans
- Store in refrigerator overnight. Makes about 2 quarts.

Mrs. R. C. Busacker

Jellied Chicken Salad

- | | |
|---|-----------------------------|
| 2 Tbsp. Knox gelatin | 1 Cup whipping cream |
| ½ Cup cold chicken broth,
or water | 3 Cups cold diced chicken |
| 1 Cup boiling chicken stock
(can use part water) | 1 Cup celery, diced |
| 2 Tbsp. lemon juice | ⅔ Cup sliced stuffed olives |
| | Salt to taste |
| | 1 Cup mayonnaise |

Soak gelatin in cold water for 5 minutes. Dissolve in boiling stock. Cool and add lemon juice and mayonnaise. When it begins to thicken, add cream, whipped stiff; then add other ingredients, and pour into mold to chill.

This is better if made the day before you plan to use it. Refrigerate all night.

Mrs. Annie M. Cortner

Salads

Cranberry Salad

- | | |
|------------------------------|-------------------------|
| 1 Pound raw cranberries | Juice of 1 orange |
| 1 1/2 Cup sugar | 1/2 Orange rind, ground |
| 1 7oz. can crushed pineapple | 1 Cup hot water |
| 1/4 Cup chopped celery | 2 Pkgs. Knox gelatin |
| 1 Cup chopped pecans | |

Grind cranberries, add sugar, and let stand for some time. Drain pineapple. Dissolve gelatin in hot water. Add other ingredients and chill in mold. Serves 8.

Martha Walker

*To make one little yellow grain
Requires the sun and the rain,
The hoarded riches of the sod - and God.*

Cucumber Salad

- | | |
|--------------------|--------------------------|
| 2 Cucumbers | 1 Small leek |
| 2 Tbsp. vinegar | Mustard, pepper and salt |
| 2 Tbsp. Wesson oil | |

Peel cucumber and cut in thin slices. Mix all the other ingredients together and stir. Then add the cucumbers. If you like you can add a hard cooked egg.

Mrs. N. P. Schindeler

Dutch Herring Salad

- | | |
|------------------------|---------------|
| 6 Salt herring | 2 tsp. oil |
| 2 Hard boiled eggs | 1 Cup vinegar |
| 2 Grated apples | 2 tsp. sugar |
| 1 Can red beets | 2 Bay leaves |
| 2 Large onions chopped | 2 Peppercorns |

Soak the herring overnight in cold water, clean, heads off, bone, chop fine. Let vinegar, sugar, bay leaves, and peppercorns come to a boil and cool. Mix all ingredients together; pour the vinegar mixture over all. Let the salad set overnight.

Beatrice M. Ewart

Emerald Salad Ring

- | | |
|---|------------------------------------|
| 1 Pkg. lime jello | 2 Tbsp. grated onion |
| $\frac{3}{4}$ Cup hot water | 1 Cup mayonnaise |
| $\frac{1}{4}$ Cup cold water | 1 Cup cottage cheese |
| 1 Envelope unflavored gelatin | $\frac{1}{4}$ Cup slivered almonds |
| $\frac{3}{4}$ Cup unpeeled, grated cucumber | |

Dissolve unflavored gelatin in cold water. Dissolve lime jello in hot water. Add unflavored gelatin and stir until dissolved. Cool. When it begins to set, stir in remaining ingredients. Place in ring mold or individual molds to set. Serve on lettuce. Garnish with fresh parsley and whole almonds. Serves 8.

Mrs. Tom Lucas

*Jesus departed from our eyes that
we might find Him in our hearts.*

Frozen Salad

- | | |
|--|---|
| 3 Pkgs. cream cheese | 1 Cup whipped cream (you can whip if you want to; if you use avo-set you can put in without whipping) |
| $\frac{1}{2}$ ($\frac{1}{4}$) Cup mayonnaise (about, according to taste) | 1 Can fruit salad (drain thoroughly) |
| $\frac{1}{4}$ Cup powdered sugar (about) | |

Put cream cheese in bowl and add powdered sugar, work in well. cream together and then add whipping cream, then can of fruit salad; put in refrigerator pan in freezer overnight to freeze. (You can also put in marshmallows if you want to, cut these up small and put in with fruit salad so they will melt down and drain. You could also add can of crushed pineapple to the fruit salad, then add 1 more package cream cheese. I usually put in some cherries which makes it more colorful.

Mrs. Tom Lucas

Fruit Salad

- | | |
|---------------------------------------|--------------------|
| 1 Can crushed pineapple (drained) | 5 Tbsp. mayonnaise |
| 4 Large bananas | 2 Tbsp. sugar |
| $1\frac{1}{2}$ Cups marshmallows bits | Dash of salt |

Mix together all ingredients. Chill but do not freeze. This is very good with roast beef, pork, ham or chicken or can be used as dessert.

Mrs. Chas. K. Scott

Salads

Party Fruit Freeze

Mix 1 - 8 ounce package cream cheese with 1 cup mayonnaise; blend well. Add 2 tablespoons confectioners' sugar, 1 cup drained pineapple tidbits, 1 cup chopped apricots, $\frac{1}{2}$ cup chopped maraschino cherries, and a few drops of red coloring. Fold in 2 cups miniature marshmallows and 1 cup heavy cream whipped. Freeze till firm.

Mary Jopling

Frozen Fruit Salad

Cook together till slightly thickened:

2 or 3 beaten egg yolks $\frac{1}{8}$ Cup vinegar
 $\frac{1}{2}$ Cup sugar

Add the following fruits as desired, cut to bite size:

Peaches	Royal Anne cherries
Pineapple chunks	Pears
Apricots	Marshmallows, as desired

Mix fruit with the dressing and freeze. Keeps well in freezer or refrigerator. Cover with waxed paper to prevent frost forming on the top.

Joan Anderson

Green Salad

Dissolve 1 Pkg. Lemon jello and 1 Pkg. lime jello in 2 cups boiling water and set aside to cool.

In blender: smooth 1 cup cottage cheese, and add 1 cup mayonnaise, blend both together. Add 1 medium sized cucumber, chopped into pieces, and $\frac{3}{4}$ cup minced green onions. Blend all together till smooth.

Combine mixture and jello. Mold. Serve topped with dab of mayonnaise and maraschino cherry for each serving.

Eve Smith

In having a thousand wives, Solomon probably kept trying until he found one who could sew on a button.

Jello Salad

- 1 Pkg. lemon jello (or orange) 1 Can apricot nectar

Add water to make two cups. Bring to boiling point. Let partly set and fold in 1 package Philadelphia cream cheese, $\frac{1}{2}$ pint whipping cream, (whipped) 14 marshmallows cut-up, and 1 can Mandarin orange sections or grapefruit sections.

Mrs. W. G. Beyer

Lime Jello Salad

- $\frac{1}{2}$ Cup canned milk $\frac{3}{4}$ Cup hot water
1 - 3 Oz. pkg. cream cheese 1 Cup fruit cocktail (drained)
1 Pkg. lime jello $\frac{1}{2}$ Cup chopped nuts

Add milk to cream cheese and blend well. Add hot water to jello. Combine cream cheese mixture and jello. Then add fruit and nuts. Pour into mold and let set overnight. Extra cherries can be added for color.

Mattie Burbage

The milk of human kindness should not be bottled up.

Lime Pineapple Salad

- 2 Pkg. lime jello 1 8oz. pkg. cream cheese
1 No. 2 can crushed pineapple, 18 Marshmallows
drained $\frac{1}{2}$ Cup chopped pecans

Prepare jello, using $1\frac{1}{2}$ cups of water. Melt marshmallows and cream cheese in pineapple juice over low heat, then cool. Add this mixture, the pineapple and the pecans to partially thickened jello and let set in the refrigerator.

Frieda Bagwell

Pineapple - Cheese Salad

Boil one can crushed pineapple 5 minutes. Dissolve 1 envelope Knox gelatine in 1 Cup cold water and add to hot pineapple; add $\frac{3}{4}$ Cup sugar, $\frac{1}{2}$ pound cheese, chopped, $\frac{1}{2}$ pint whipping cream, whipped. Set aside to cool, then chill in refrigerator. Serves 8 or 10.

Esther Monroe

Salads

Macaroni Salad (for 36 people)

- | | |
|--------------------------------|--------------------------------|
| 2½ Boxes elbow macaroni | 2 Jars sweet pickles |
| 24 Hard cooked eggs | 2 Onions, chopped |
| 2 Large bunches celery | Quite a bit of salt and pepper |
| 4 Cans (little round) Pimentos | 1 Jar mayonnaise |
| 2 Large green peppers | A little sugar |

Boil macaroni, rinse and drain. Mix macaroni while warm with mayonnaise. Cup up 20 eggs and add. Add diced celery, pimentos, diced peppers, pickles and onion. Pack in large dish. Put in ice-box overnight. Reverse on platter next day. (This salad molds quite nicely). Garnish platter with parsley, eggs, paprika, and pimentos.

Mrs. J. B. M. Van Ogtrop

Marshmallow Salad

1 can (large) crushed pineapple and juice - boil
Remove from fire.

Add:

- | | |
|--------------------|--------------------|
| ½ Cup sugar | ¼ Lb. marshmallows |
| 1 Pkg. lemon jello | (cut in pieces) |
- Mix well.

Add 2 pkgs. cream cheese (allow time to cool). Chill (overnight) 1 large can evaporated milk. Whip milk until stiff and fold into slightly chilled jello mixture. Place in ungreased mold. Sprinkle top with finely chopped nuts. Place in refrigerator for four hours. Serves 10.

Mrs. Peggy Fischer

Molded Pineapple Salad

- | | |
|--------------------------|--|
| 2 Pkgs. lemon jello | 1 Can (2½ cups) crushed pineapple, drained |
| 1 Envelope Knox gelatine | 1 Grated carrot |
| Juice of one lemon | 1 Grated apple |
| ¼ Cup pecans, chopped | |

Soften gelatine in ½ Cup cold water; dissolve lemon jello in 1½ cups hot water. Add enough water to pineapple and lemon juice to make 2 cups - Mix all together and set aside. (Use 4 cups liquid in all). When partially thickened, add fruit, nuts and carrot. Serve with a dressing of ½ sour cream and ½ mayonnaise.

Mary Byington

Broiled Potato Salad

Cook in their jackets: 2 lbs. potatoes.

Peel, dice and mix lightly:

- | | |
|----------------------------|---------------------------------|
| 1/4 Cup French dressing | 1/3 Cup chopped regular onion |
| Salt to taste | 1 Cup celery-cut into crescents |
| 1/3 Cup sliced green onion | |

Combine and add:

- | | |
|-------------------------|-----------------|
| 3/4 - 1 Cup mayonnaise | 1 Tbsp. vinegar |
| 1 tsp. prepared mustard | |

When well mixed, press firmly into square glass baking dish or any oven-proof dish not more than 2 inches deep. (Optional: sprinkle with shredded sharp cheese). Place under broiler until browned and hot. Watch carefully. Serve in same baking dish, garnish with olives. This may be prepared a day ahead, cover and keep in refrigerator. Heat thoroughly in moderate oven. Broil just before serving. Serves 6.

Rose Jackson

*Praise to God the Father good,
For daily grace, for daily food;
For sun and rain, for harvest blest,
For promise of eternal rest. Amen.*

German Potato Salad with Sour Cream

- | | |
|----------------------------|---------------------------------|
| 1 Lb. new potatoes, boiled | 2 Tbsp. vinegar |
| 1 tsp. sugar | 1 Cup sour cream |
| 1/2 tsp. salt | 1/2 Cup thinly sliced cucumber, |
| 1/4 tsp. dry mustard | optional |
| 1/8 tsp. pepper | Paprika |

1. Slice the potatoes. If new potatoes are used, it is not necessary to peel them.

2. Mix the sugar, salt, mustard, pepper and vinegar. Add the sour cream and mix. Pour over the potatoes and toss lightly until well coated with dressing. Turn into a serving dish and garnish with a sprinkling of paprika. Serve warm or cool.

Yield: Four servings.

Mrs. Edward Tucker
Amber Ballard

Salads

Strawberry Jello Salad

- 1 Pkg. strawberry jello
- 2 Cups tomato juice
- 1 Tbsp. horse radish

- 1 Can whole shrimp
- Celery as desired

Thin mayonnaise with horse radish for sauce.

Amber Ballard

Molded Tuna & Crabmeat Salad

- 1 tsp. salt and pepper
- 2 Envelopes unflavored gelatine
- 2 Cups milk
- $\frac{3}{4}$ Cup mayonnaise or salad dressing
- 1 Cup canned flaked tuna

- 1 Cup canned flaked crabmeat (lobster may be substituted)
- 1 Cup chopped celery
- $\frac{1}{4}$ Cup minced onion
- $\frac{1}{4}$ Cup minced parsley
- $\frac{1}{4}$ Cup chopped pimento
- 3 Hard cooked eggs, chopped
- Chicory

Mix salt and pepper with gelatin in double boiler. Stir in 1 cup milk; let stand 5 minutes. Place over boiling water and heat to dissolve gelatin. Add remaining 1 cup milk. Gradually add to mayonnaise, stirring till well blended. Combine remaining ingredients. Add milk mixture; mix well. Pour into 6 cup mold. Chill till firm. Unmold. Garnish with chicory. Serves 8. An excellent hot weather dish.

Eleanor Hanlon

Twenty-Four Hour Salad

- 1 No. 2 can pineapple, sliced, drained
- 1 No. 2 can white cherries, drained
- $\frac{3}{4}$ Lb. marshmallows, diced
- $\frac{1}{2}$ Lb. blanched almonds, cut in pieces

- 1 Envelope gelatine soaked in $\frac{1}{4}$ cup of milk
- Juice of one lemon
- 4 Beaten egg yolks
- 1 Pt. cream, whipped and sweetened

Mix beaten egg yolks with $\frac{3}{4}$ cup of milk, scald in double boiler. Add gelatin, cool. Add lemon juice slowly. Add marshmallows, whipped cream, fruit and nuts. Refrigerate at least 24 hours.

Serves 15-20 persons.

Jean Branlund

Easy Tomato Aspic

- | | |
|---------------------------|------------------|
| 1 Pkg. lemon jello | 1½ Tbsp. vinegar |
| 1 Cup hot water | ½ tsp. salt |
| 1 Can Hunt's Tomato Sauce | Pepper |

Dissolve jello in the hot water. Add seasonings and tomato sauce. Pour into individual molds or ring mold. (if it's small). Serves 4-5. Double recipe does nicely in a 5-cup ring mold. Add salad vegetables if desired. For variation, use 1 cup V-8 in place of tomato sauce.

Ruth Collins

*Lord Jesus, be our heavenly Guest,
Our morning joy, our evening rest,
And with our daily food impart
Thy love and peace to every heart. Amen.*

Tomato Soup and Cream Cheese Salad

- | | |
|-----------------------------|---|
| 1 Can tomato soup | 1 Pkg. gelatine |
| 3 Pkg. cream cheese (small) | ½ to 1 cup each - chopped onions,
celery, and green pepper |
| 1 Scant cup mayonnaise | |

Dissolve gelatin in ½ cup cold water. Heat soup - add cream cheese and stir until dissolved. Remove from heat. Add dissolved gelatin and other ingredients. Cooked shrimp may be added at this time also. Pour into dish or mold and chill until set.

Jeanette Grossman

Tuna Salad

- | | |
|--------------------------|-----------------------|
| 1 Pkg. lemon jello | ½ Cup mayonnaise |
| 1½ Cups hot water | 1 Can tunafish |
| ½ Cup cold water | ¾ Cup celery |
| 2 T. lemon juice | ½ tsp. onion |
| 2 Pimento-stuffed olives | Green pepper, parsley |

Make jello with hot water; add cold water, lemon juice and mayonnaise, blend. Let set in ice tray one hour. Place in large bowl and beat with mixer. Fold in vegetables, decorate with olives, and set.

Wilma Van de Ven

THE QUEST

*Sometimes we wonder
Where happiness lies*

*Is it found on the ocean
Beneath the blue skies*

*Or is it, I ask you,
In travel and fame*

*In love everlasting,
Or in a great name?*

*We search for it,
Yearn for it
Year after year,
And come back to find it
Awaiting us here*

*In the warm clasp of friendship,
The light of a smile*

*The cheer of a comrade
Which brightens each mile.*

*Though riches may lure us,
And travel may call*

*In the light of our fireside
We're finding our all*

Heral G. Phelps

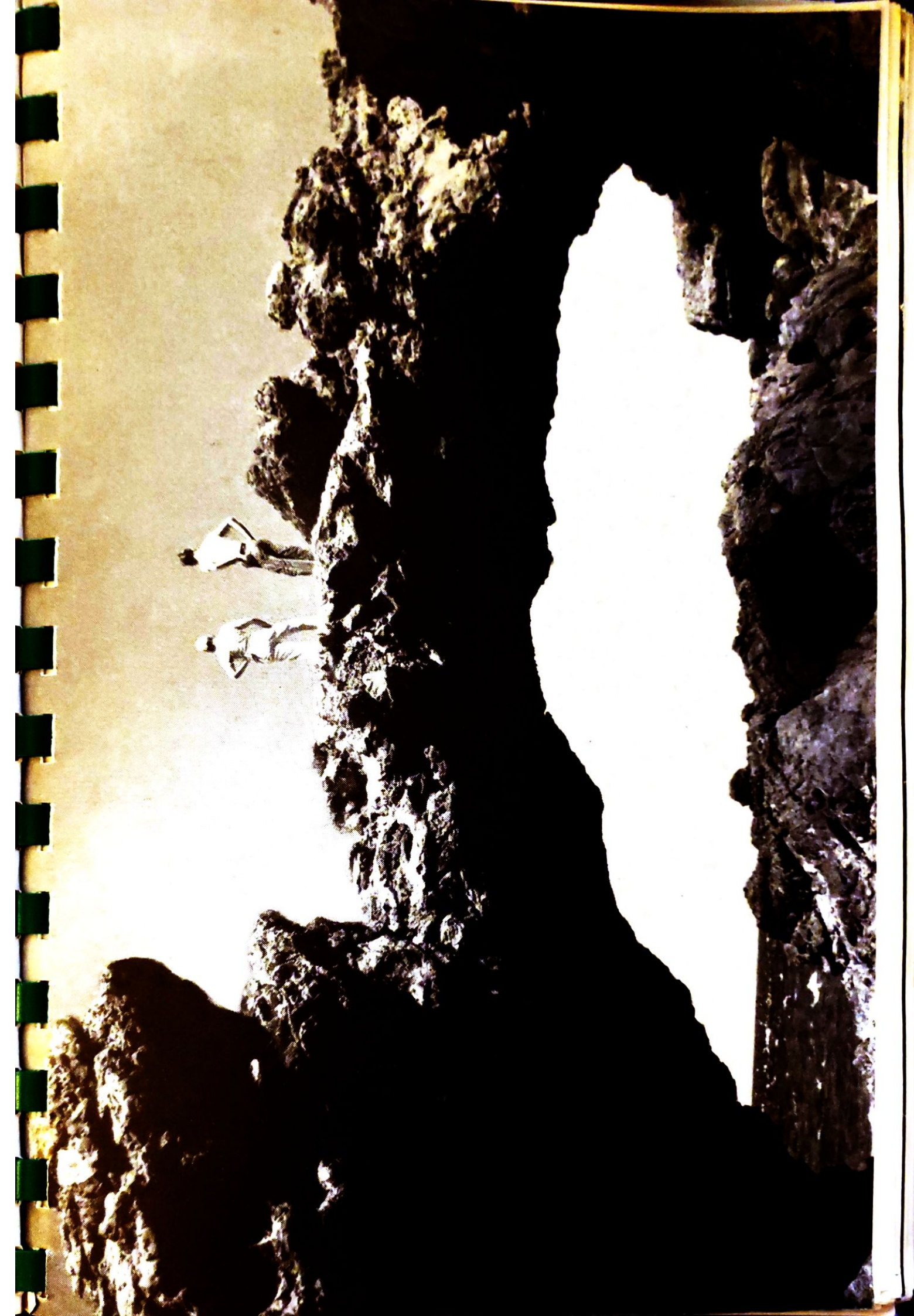


Photo by Ralf Humphreys

Breads & Cereals

Apple Nut Loaf

- | | |
|------------------------------------|------------------------------------|
| 1/2 Cup starlac (dry form) | 1 tsp. vanilla |
| 1 1/2 Cup sifted all-purpose flour | 2 Eggs |
| 2 1/2 tsp. baking powder | 1/2 Cup water |
| 1/2 Cup crisco (soft) | 1 Cup finely cut apples (unpeeled) |
| 1 Cup sugar | 1/4 Cup coarsely cut nuts |
| 1/4 tsp. salt | (not black walnuts) |

Sift starlac, flour and baking powder on to waxed paper. Set aside. Mix soft shortening, sugar, salt and vanilla. Add eggs and mix until smooth. Add water, apples, nuts and mix well. Add flour mixture, stirring only until blended. Bake in well greased loaf pan (9x5x3) near center of oven. 50 - 60 mins. 350° F. Cool 10 mins. before removing from pan. Cool thoroughly. Wrap in foil. This loaf keeps very well in the refrigerator. It should be baked at least a day before use.

Joan Smith

Matrimony is an institution of learning in which a man loses his bachelor's degree without acquiring a master's.

Apple Strudel

- | | |
|-------------------------|-----------------------|
| 4 Cups flour | 1 Tbsp. vinegar |
| 1 tsp. melted crisco | 1/4 Cup melted crisco |
| 1 1/2 Cups water (app.) | |

Sift flour & salt. Add crisco, vinegar & water. Do not make dough stiff. Knead until smooth & bubbles form. Divide in two and roll until fairly thin. Brush with melted crisco & let stand one hour (covered with cloth). On table covered with lightly floured table cloth, pull dough until it covers the entire table. Gently pull off the rim so that dough is paper thin. (Add just a little melted crisco if dough tends to tear). Sprinkle grated apples, sugar & cinnamon. Lightly cover half the sheet and roll from that side by lifting table cloth and pulling at the same time. Put in baking pan and bake at 375° until lightly browned. Cut into pieces before serving.

(This recipe is a challenge).

Chris Crawley

Apricot Bread

- 1/2 Cup dried apricots
- 1 Large orange
- 1/2 Cup raisins
- 1 tsp. soda
- 1 Cup sugar
- 1/2 Cup chopped nuts

- 1 Tbsp. vanilla
- 1 Egg beaten
- 2 Tbsp. melted butter
- 2 Cups flour
- 2 tsp. baking powder

Soak apricots for 1/2 hour. Squeeze juice from orange, put in measuring cup and fill to one cup with boiling water. Put apricots, orange rind and raisins thru chopper. In a large bowl add orange juice and water to chopped fruit. Stir in soda, sugar, melted butter and the beaten egg. Add remaining dry ingredients. Add vanilla. Bake in greased loaf pan in moderate oven for about 50 minutes. (This is best the 2nd day). Cool before cutting.

Joan Bridges

Biscuits

Sift 2 cups flour with

3 tsp. baking powder

3/4 tsp. salt

Cut in 5 Tablespoons shortening very fine.

Add 3/4 cup sweet milk and mix with fork. Knead lightly 20 seconds. Roll to 1/2 inch thickness, cut into biscuits and bake in very hot oven (400-500) 12 minutes. Makes 1 dozen.

Deana Garison

Short Cheese Biscuits

- 1 Cup flour
- 2 Tbsp. crisco (rounded)
- 2 tsp. baking powder (rounded)
- 1 tsp. sugar (optional)

- 1/4 tsp. salt
- 1/2 Cup milk
- 1/2 to 3/4 Cup grated sharp cheese

Mix together dry ingredients. Add crisco and cheese and cut with pastry blender. Add milk all at once. Dough should be very sticky. Flour board and cut with knife or biscuit cutter. A touch of grated cheese or paprika on top is nice before baking. Bake at 425 degrees for 10 or 15 minutes. Makes about 10 large biscuits.

Barbara Fryback

Stir and Roll Biscuits

Preheat oven to 350 degrees.

- | | |
|----------------------|------------------------|
| 2 Cups flour | Add |
| 3 tsp. baking powder | $\frac{1}{3}$ Cup oil |
| 1 tsp. salt | $\frac{2}{3}$ Cup milk |
| Sift together | |

Mix well. Roll out on wax paper about $\frac{1}{4}$ " thick.

Mrs. Patsy Latimer

Bread

Dissolve 2 yeast cakes in $\frac{1}{2}$ cup lukewarm water. Dissolve 1 Tbsp. sugar and 2 tsp. salt in $\frac{1}{2}$ cup boiling water. Add 1 cup cold water. Add dissolved yeast. Stir in 3 cups flour. Add $\frac{1}{4}$ pound soft butter and Tbsp. crisco. Mix. Add 3 cups flour. Knead. Let rise $1\frac{1}{2}$ hours. Shape into 2 loaves. Put in bread pans, let rise $1\frac{1}{2}$ hours. Bake for 2 hours at 300° to get a hard crust.

Trudi Ward

Bread

- | | |
|-----------------------------|----------------------------------|
| 1 Tbsp. sugar | 1 Yeast cake |
| 1 Tbsp. shortening (butter) | $\frac{1}{4}$ Cup lukewarm water |
| $1\frac{1}{2}$ tsp. salt | 2 Beaten eggs |
| 1 Cup boiling water | 6 Cups flour |
| 1 Cup scalded milk | |

Put sugar, shortening and salt in a bowl and pour the hot water over them. Add milk. Cool to lukewarm. Combine the yeast cake and the lukewarm water and add to sugar and shortening mixture. Add beaten eggs. Add flour and mix until smooth dough is formed. Turn dough out on a lightly floured board and knead until smooth and elastic. Shape into ball. Place in lightly greased bowl. Grease top of dough to prevent crust from forming. Cover and let rise in warm place until double in bulk. ($1\frac{1}{2}$ -2 hours). Punch down and let rise again. About 30 mins. or so. Divide into 2 portions and let rise until double in the pan. Makes 2 loaves of bread.

Bake in hot oven 425 degrees for 10 minutes. Finish baking the next 30 minutes at 375 degrees. Bread sounds hollow when done. Putting melted butter on top will give it a soft crust.

Mrs. Stella A. Mundt

Breads & Cereals

Anadama Bread

(Original from Sturbridge Village, Mass.)

- | | |
|---|-------------------------------------|
| ½ Cup water ground corn meal
(substitute regular yellow
or white corn meal) | 2 Cups boiling water
1 tsp. salt |
|---|-------------------------------------|

Add corn meal to boiling water, stirring constantly. If lumps form they may be kneaded out.

- Add:
- | | |
|--------------------|---|
| 2 Tbsp. shortening | ½ Cup molasses to corn meal
mixture, allow to cool |
|--------------------|---|

Dissolve 2 yeast cakes in ¼ cup lukewarm water. Add to above 5-6 cups sifted flour. Knead well. Allow to rise until double in bulk. Form into loaves (2). Allow to rise and bake at 425 degrees for 15 minutes, reduce heat to 375 degrees and bake one hour.

Lucille Seekins

"He causeth the grass to grow for the cattle, and herb for the service of man: that he may bring forth food out of the earth; And wine that maketh glad the heart of man, and oil to make his face shine, and bread which strentheneth man's heart."

Psalm 104 : 14, 15

Easter Bread

- | | |
|-------------------------------|--------------------------------------|
| 8 Cups sifted flour | 2 Pkgs. of dried or compressed yeast |
| 1 tsp. salt | |
| 1 tsp. pepper | 6 Eggs, well beaten |
| 1½ Cup grated parmesan cheese | ¼ Cup olive oil |
| ¾ Cup lukewarm milk or water | |

Sift dry ingredients together on to a bread board. Make a well in center and pour milk, yeast, eggs, and olive oil into it. Knead dough until smooth and elastic, about 10 minutes. Add enough flour to make a stiff dough, if necessary. Cover and let rise in warm place until doubled in bulk, about 2 hours. Punch dough down. Cover and let rise again until doubled in bulk, about 30 minutes. Turn dough out on a bread board, and shape into round loaf to fit a 9" pie pan. Cover and let rise 6 hours. Bake in moderate oven 350 degrees for 1 hour, until loaf sounds hollow when tapped. Makes 2 loaves.

Mrs. Van Gaalen

Banana Bread

- | | |
|-------------------------------------|----------------------|
| 1 Cup of sugar | 3 Tbsp. sour milk |
| $\frac{1}{2}$ Cup of butter or oleo | 1 tsp. baking powder |
| 2 Eggs | 1 tsp. soda |
| Pinch of salt | 2 Cups of flour |
| 3 Bananas mashed | |

Cream butter and sugar. Add eggs, mashed bananas and milk. Sift dry ingredients. Add dry ingredients last. Makes 1 large loaf or 2 small ones. Chopped nuts can be added if desired. Bake 350 degrees 55 minutes or until bread springs back when touched.

Dottie Hermansen's Mother

"The Lord bless thee, and keep thee:

The Lord make his face shine upon thee, and be gracious unto thee:

The Lord lift up his countenance upon thee, and give thee peace."

Numbers 6 : 24-26

Banana Rye Bread

- | | |
|----------------------------------|--|
| 2 Yeast cakes | 2 $\frac{1}{2}$ Cups (5 or 6) fully ripe bananas |
| 1 Tbsp. salt | 4 Cups rye flour |
| $\frac{1}{4}$ Cup lukewarm water | 1 Cup white flour |
| 2 Tbsp. sugar | |
| 3 Tbsp. melted shortening | |

Dissolve yeast in lukewarm water. Mix together the salt, sugar, shortening and bananas. Add half the flour and beat until smooth. Beat in the dissolved yeast. Add the remaining flour gradually and mix well. Turn the dough onto a floured board. Knead about 8 minutes, adding enough additional rye flour to prevent sticking. Place the dough into a lightly greased bowl. Cover and let rise until double in bulk (about 2 hours). Turn out again onto floured board and knead lightly about 2 minutes. Shape into 2 loaves. Place in lightly greased loaf pans. Cover and let rise until double in bulk. Bake in hot oven 425 degrees from 5 to 10 minutes, until crust begins to brown, then reduce temperature to 350 degrees and bake 35 to 40 minutes longer or until bread is done.

The Dorcas Society
Seventh Day Adventist Church
San Nicholas

Corn Bread

- | | |
|------------------------------|------------------------|
| 1½ Cups yellow corn meal | 1 Egg |
| ½ Cup flour | 1 Cup milk |
| 3 Heaping tsp. baking powder | ¼ Cup melted bacon fat |
| 1 tsp. salt | |

Sift dry ingredients. Add egg, milk and bacon fat stirring well. Heat oven to 400 degrees. Add about 1 Tbsp. bacon grease to a 8" diameter wrought iron skillet, and heat skillet well before adding mixture. Bake 30 minutes.

Date and Nut Tiffin Loaf

- | | |
|----------------------|---------------------------------|
| ¾ Cups flour | ½ Pound dates |
| ⅛ tsp. salt | 2 Eggs, separated |
| ¾ Cup sugar | ½ tsp. vanilla |
| ½ tsp. baking powder | 2 Cups nuts (walnuts or pecans) |

Sift dry ingredients; add dates and nuts and mix with the fingers until dates and nuts are coated. Add well beaten egg yolks and vanilla; blend with fingers, fold in stiffly beaten egg whites. Pour into well buttered loaf pan and smooth stiff batter with the fingers. Cover pan with foil, fold edges over sides of pan; bake at 275° for 1¼ hours. Remove foil, increase temperature to 325°, brown for 10 minutes more.

Mrs. Harry Newall

Mrs. J. T. Faris' Orange Nut Bread

- | | |
|--------------------|----------------------|
| 1 Large orange | 1 tsp. vanilla |
| Boiling water | 1 Beaten egg |
| Raisins or dates | 2 Cups flour |
| 1 tsp. soda | 1 tsp. baking powder |
| 1 Cup sugar | ¼ tsp. salt |
| 2 Tbsp. shortening | ½ Cup nuts, chopped |

Squeeze juice of orange in cup and fill with boiling water. Grind rind of orange and enough raisins or dates to fill a cup. Add soda to these ingredients, also sugar, shortening and vanilla. Sift flour, baking powder and salt together; add this mixture and the beaten egg. Thoroughly beat the mixture. Add nuts & stir them in. Bake at 350 about 50 min. I prefer the raisins.

Jennie Greene

Quick Orange Bread

- | | | | |
|-----|--------------------|-------|--|
| 2 | Cups flour | 1 1/3 | Cups orange peel thin and finely shredded) |
| 2 | tsp. baking powder | 2/3 | Cup orange juice or milk |
| 1/8 | tsp. salt | 1 | Cup sugar |
| 4 | Tbsp. butter | | |
| 1 | Egg - well beaten | | |

Sift dry ingredients. Cut in the butter until it is like coarse cornmeal. Mix peel well with orange juice (or milk), egg and sugar. Add to dry ingredients. Stir just enough to moisten dry ingredients. Spread evenly in well greased loaf tin. Let stand 1/2 hour. Bake at 325 degrees for 1 hour.

Dorothy Ratcliff

Swiss Cheese Potato Bread

- | | | | |
|-----|----------------------|-----|-------------------------|
| 1 | Yeast cake | 1/4 | Cup warm water |
| 1/4 | Cup milk | 2/3 | Cup mashed potatoes |
| 1/3 | Cup melted margarine | 1 | Cup grated Swiss cheese |
| 2 | Eggs | 3 | Cups flour |
| 1 | tsp. sugar | 1 | tsp. salt |

Dissolve yeast in water. Scald milk and let cool to lukewarm. In a large mixing bowl combine milk, potatoes, margarine, cheese and slightly beaten eggs. Stir in the yeast mixture. Add flour sifted with salt and sugar. Knead until smooth and elastic. Turn into a greased bowl; cover and let rise until double in bulk. Turn out on a lightly floured surface and shape into a loaf. Let rise again until double, bake at 375° F. for 35 minutes.

Betsy Frazier

Cala Balls

1 pound of black-eye peas, to be put in water to soak until they start to peel. Take peel off. Grind it completely with a lot of hot-pepper.

1 egg to be beaten and put into dough and should be well mixed. 1 teaspoonful of salt to be mixed with dough.

Put bowl on stove with Tra-la-la oil to boil and then take one big tablespoon of dough and keep in oil (boil) until it burns red and should then be taken out, and should be done with the rest in the same way.

Mrs. C. Oduber

Wedding Bread

- 12 Eggs separated
- 10 Drops anise oil
- $\frac{3}{4}$ Cup confectioners sugar

- $\frac{3}{4}$ Cup sifted pastry flour
- 1 Tbsp. anise seeds, whole or crushed

All ingredients must be at room temperature. Beat egg yolks, adding one at a time, until thick and lemon colored. Add anise oil and gradually blend in powdered sugar. Combine flour and anise seeds, and beat gradually into egg yolks. Beat egg whites until foamy and fold into yolks. Grease three 6x8" loaf pans, and pour about 2" of batter into each pan. Sprinkle tops with confectioners sugar and bake in Mod. 350 degree oven 25-30 minutes until delicately browned. Cool and slice crosswise into 1" slices. If desired, the slices may be toasted on a greased cookie sheet in a slow oven for 10 minutes. These cookies are excellent with coffee or wine. It is customary to serve them at wedding breakfasts. Makes 2 dozen.

Mrs. Van Gaalen

It is a sad house when the hen crows louder than the cock!

Cinnamon Puffs

- 2 Heaping Tbsp. dry yeast
- $\frac{1}{2}$ Cup warm water
- $\frac{3}{4}$ Cup lukewarm milk
- $\frac{1}{4}$ Cup sugar
- 1 tsp. salt

- $\frac{1}{2}$ Cup shortening
- 2 Eggs
- $3\frac{1}{4}$ Cups sifted all-purpose flour
- 1 Tbsp. vanilla

Coating mixture:

- 1 Cup granulated sugar
- 4 tsp. cinnamon

Combine yeast and water. Let stand 5 min. In large mixing bowl combine milk, sugar, salt, shortening, eggs, yeast mixture, and half of flour. Beat 2 min. on electric mixer (medium speed) or by hand until smooth.

Add remaining flour and vanilla. Beat 2 more min. with spoon. Drop 1 tablespoon batter into well greased, medium-sized muffin cups. Place in warm place and let rise until double and they reach tops of muffin pans. (30-40 min.)

Bake in quick moderate oven (375) 18-20 min. Remove from pans and dip top and sides in melted butter ($\frac{1}{2}$ cup), the into cinnamon-sugar mixture.

Makes approx. $2\frac{1}{2}$ dozen puffs.

Debby Cooke

Coffee Cake

- | | |
|-----------------|----------------------|
| 2 Cups flour | 2 Eggs |
| ¾ Cup sugar | 4 tsp. baking powder |
| ¼ tsp. nutmeg | ¼ Cup Crisco |
| ¼ tsp. cinnamon | 1 Cup milk |
| 1 tsp. salt | |

Sift dry ingredients. Cut in Crisco. Add eggs and milk. Pour into square pan and cover with this mixture before baking.

Topping:

- | | |
|-------------------|-----------------|
| ¼ Cup crisco | 4 Tbsp. flour |
| 1 Cup brown sugar | ½ tsp. cinnamon |

Walnuts maybe sprinkled on top.

Bake 30 minutes at 350 degrees.

Marylou Ielfield

*Arguing with a women is usually a case
of he came, he saw, he concurred.*

Easy Coffee Cake

- | | |
|----------------------|--------------|
| ½ pkg. yeast | 1 tsp. sugar |
| ¼ Cup lukewarm water | |

In a small bowl combine and set aside while combining other ingredients:

- | | |
|------------------|-----------------------|
| ½ Cup shortening | 2 Cups flour |
| ½ Cup sugar | 2½ tsp. baking powder |
| 1 Egg, beaten | ½ tsp. salt |
| | ¼ Cup milk |

Add yeast mixture to above and beat well.

Spread one-half batter (this will be real thick) in oiled 9x9 cake pan. Sprinkle with one-half topping, remainder of batter and then rest of topping. Bake 40 minutes at 350 degrees. Serve warm.

Topping:

- | | |
|-------------------|--------------------|
| 1 Cup brown sugar | 3 Tbsp. butter |
| 3 Tbsp. flour | Nuts (about ½ cup) |
| 1 tsp. cinnamon | |

This freezes well wrapped in foil and can be heated in the same foil in the oven. It should always be served warm.

Joyce Nelson

Breads & Cereals

Crumb Cake

- 1 Cup brown sugar
- 1 Cup white sugar

- 1 Cup butter or 2 cubes oleo
- 3 Cups regular flour - sifted

Mix all together and take out 1 cup of mix for topping. Then add 2 eggs, 1 tsp. nutmeg, 1 cup sour milk and 1 tsp. baking soda. Mix well and pour in greased and floured pan and sprinkle topping over all. Bake at 350 for 30 minutes. For sour milk, add 1 Tbsp. vinegar in 1 cup regular milk. This was Judy Cundiff's coffee cake.

Dorothy MacNutt

No Knead Coffee Cake

Dissolve:

- 1 Cake yeast (or 1 pkg. dry yeast in $\frac{1}{4}$ Cup lukewarm water

Combine:

- $\frac{1}{4}$ Cup shortening
- $\frac{1}{4}$ Cup sugar

- $1\frac{1}{2}$ tsp. salt
- $\frac{1}{2}$ Cup scalded milk

Cool:

to lukewarm by adding

- $\frac{1}{4}$ Cup cold water

Blend in:

- 1 Egg
- $\frac{3}{4}$ Cup raisins

- 1 Cup mixed candied fruit and the dissolved yeast

Add:

- 3 Cups sifted flour and mix till well blended

Spoon dough into greased 9x5x3 in. pan. Cover and let rise in warm place till light - about $1\frac{1}{2}$ hours.

Cover and let stand for 15 minutes

Bake:

350 degrees 50 to 60 minutes.

Ann Maxey

Kruidkoek (Coffee Cake)

- 10 Tbsp. dark brown sugar
- 1 tsp. cinnamon
- $\frac{1}{2}$ tsp. pepper
- $\frac{1}{4}$ tsp. ground cloves
- 3 Small tsp. baking powder

- 1 Cup milk
- $\frac{1}{2}$ Cup flour
- Dash of salt
- Mixed fruit, raisins and currants

Mix every thing together. Put a piece of wax paper in greased baking pan and bake it for 45 minutes in 350 degree oven.

Mrs. Reinders Folmer

German Coffee Cake

- | | |
|-----------------------------|------------------------------|
| 3 Cups flour | $\frac{3}{4}$ Cup sugar |
| 4 tsp. baking powder | $\frac{1}{4}$ Cup shortening |
| 1 tsp. salt | 2 Eggs, unbeaten |
| $\frac{1}{2}$ tsp. nutmeg | 1 Cup milk |
| $\frac{1}{4}$ tsp. cinnamon | |

Sift all dry ingredients together and work in shortening. Add eggs and milk. Stir until smooth. Pour into pan 8x12x2 inches. Cover batter with following mixture:

- | | |
|--------------------------|-----------------------------|
| $\frac{1}{4}$ Cup butter | $\frac{1}{2}$ tsp. cinnamon |
| 1 Cup brown sugar | $\frac{1}{8}$ tsp. salt |
| 4 Tbsp. flour | |

Blend all ingredients with a fork or pastry blender and spread smoothly on top of batter. Sprinkle with coarsely chopped nuts and bake 30 minutes in moderate oven. Serve warm.

Mrs. R. C. Bergfield

*God bless my little kitchen,
I love its every nook;
And bless me as I do my work:
Wash pots and pans and cook.*

Doughnuts

- | | |
|-------------------------|---------------------------|
| 1 Egg | 2 Cups sifted flour |
| $\frac{1}{2}$ Cup sugar | 2 tsp. baking powder |
| 3 Tbsp. melted Crisco | $\frac{1}{2}$ tsp. salt |
| $\frac{1}{2}$ Cup milk | $\frac{1}{2}$ tsp. nutmeg |

Crisco for deep frying.

Combine beaten egg, sugar and Crisco. Add milk. Mix flour with baking powder, salt and nutmeg. Combine the liquid and dry ingredients. Stir only until smooth. Roll dough to $\frac{1}{2}$ inch thickness. Cut with floured cutter.

Fry doughnuts in Crisco heated to 365 degrees 3-5 minutes. Brown both sides. Remove and drain on paper toweling. Roll in mixture of 1 c. sugar, granulated and 1 tsp. cinnamon.

Eleanor Speziale

Funchi

2 liters of water to be boiled with 1 big spoon of table salt. After boiling, throw 1 pound of corn meal into boiled water and lower fire on stove and leave it be.

When corn meal has sucked in all the boiled water, then start stirring until well mixed, and the funchi becomes then kind of softly-hard. It should then be taken out and put on a big plate and covered by another plate to give it a neat and presentable shape to be cut when required.

Food is now ready to be served. Serves 10 persons.

Mrs. C. Oduber

Hush Puppies

- | | |
|-----------------------------------|----------------------------------|
| 3 Heaping Tbsp. water ground meal | $\frac{1}{4}$ tsp. baking powder |
| 2 Heaping Tbsp. all-purpose flour | 1 medium onion, diced |
| $\frac{1}{2}$ tsp. salt | Dash garlic salt |
| | V—8 vegetable juice |

Sift corn meal, flour, salt, baking powder and garlic salt together. Add onion and mix slightly. Add enough V-8 juice to make doughy. Fry in deep fat until golden brown.

Loriene Sharp

Gugel Hupf (Orange Flavored)

- | | |
|---------------------------|----------------------|
| $\frac{1}{2}$ Lb. butter | Juice - two oranges |
| 6 Eggs | 3 Cups sifted flour |
| $1\frac{3}{4}$ Cups sugar | 3 tsp. baking powder |
| Rind - one orange | |

Cream butter; add sugar, 3 whole eggs and 3 yolks. Mix well. Add dry ingredients alternately with orange juice and rind. Lastly fold in 3 stiffly beaten egg whites.

Put in a greased gugel hupf mold and bake at 400° about $\frac{3}{4}$ -1 hour. (A greased tube pan will substitute nicely for the gugelhupf mold). Remove from pan to cool. Sprinkle with confectioner sugar. Excellent served as breakfast bread or at any time with tea or coffee.

Mrs. K. L. Weill

Mama's Homemade Noodles

1 Cup flour

1 Egg

$\frac{1}{2}$ Egg shell of water

Place flour in bowl and make a hole in the middle. Add egg and $\frac{1}{2}$ egg shell of water. Mix well with hands. Roll out on a floured surface and let stand about 15 or 20 minutes. Slice very thin, placing in a floured bowl. Drop slowly into boiling broth.

Mrs. Patsy Latimer

"The Lord direct your hearts into the love of God and into the patience of Christ."

2 Thess. 3 : 5

Orange Bread

1 $\frac{1}{2}$ Cup sugar

$\frac{1}{2}$ Cup butter

1 Cup sour cream

$\frac{1}{2}$ Cup raisins or dates

3 Eggs, well beaten

Pinch of salt

2 $\frac{1}{2}$ Cup flour

1 tsp. soda

2 oranges

Put 1 orange rind and raisins or dates through food grinder. Cream butter and sugar. Add eggs. Dredge fruit with flour. Add salt, soda and milk. Add flour and beat. Bake 45-50 minutes in 350 degree oven. Pour juice of oranges over the loaf when you take it from oven. This bread cuts better the second day.

Jean Branlund

Breakfast Crepes Suzette

1 Cup flour

3 Tbsp. sugar

$\frac{1}{2}$ tsp. salt

1 Cup milk

3 Eggs, unbeaten

Make well in sifted ingredients. Pour in liquid ingredients. Combine them with a few swift strokes ignoring lumps. Heat a ten inch skillet and grease it generously with butter. Add three tablespoons of batter and spread thinly by tilting skillet. Cook pancake over moderate heat. When it is brown underneath reverse it and brown other side. Use additional butter for cooking each pancake.

Serve with Maple syrup, Jam, Jelly or Cinnamon-sugar.

Dorothy R. Springer

Breads & Cereals

Pancakes

3 Cups flour (not self-rising)
6 tsp. Calumet baking powder
3 Tbsp. sugar
1 tsp. salt
3 Eggs

4 strips bacon or $\frac{1}{2}$ cup oleomargarine or butter (if using bacon, chop very fine)
3 Cups milk

Use level measurements. Thin down with milk.

Mrs. J. Johnson

Buttermilk Pancakes

3 Cups sifted flour
 $2\frac{1}{2}$ tsp. double acting baking powder
 $\frac{1}{2}$ tsp. soda
 $1\frac{1}{2}$ tsp. salt

3 Tbsp. sugar
3 Eggs, well beaten
3 Cups buttermilk
 $\frac{1}{2}$ Cup butter melted

Measure sifted flour, and add baking powder, soda, salt and sugar. Sift again. Combine eggs and buttermilk. Add to flour mixture. Add melted butter and stir just until all flour is dampened. Bake on hot greased griddle, turning only once. Serve hot with butter.

Mrs. Mitchell

Rolled Cheese Pancakes

2 Cups flour
 $\frac{3}{4}$ Cup milk
3 Eggs
 $1\frac{1}{2}$ Cups cold water

3 Cups cottage cheese
1 Egg
 $\frac{3}{4}$ tsp. salt

Make batter of flour, milk, salt, 3 eggs and cold water. Make thin pancakes in 8 inch frying pan. Cook over low heat until sides loosen from pan. Remove and place on inverted plate.

Beat together:

Cottage cheese
1 egg
Salt

Spread on browned side of pancake. Roll it and cook the unbrowned side in butter until brown. Sprinkle with either powdered or granulated sugar.

M. V. Flaherty

Corn Meal Mountain Pancakes

- | | |
|-------------------------------------|------------------------------------|
| 2 Beaten eggs | 1 tsp. salt |
| 1 Cup buttermilk or sour milk | $\frac{1}{2}$ tsp. soda |
| $\frac{1}{4}$ Cup melted shortening | 2 tsp. baking powder |
| 1 Tbsp. light molasses | $\frac{3}{4}$ Cup yellow corn meal |
| $\frac{3}{4}$ Cup flour | |

Combine egg, milk, shortening, and molasses. Add sifted dry ingredients and corn meal; stir just until moistened. Bake on ungreased griddle. Makes about 12 pancakes. (Pour batter from $\frac{1}{4}$ -cup measure).

Eleanor Miller

Pumpkin Pancakes (Aripa di Pompoena)

- | | |
|-------------------------------------|--------------------|
| $1\frac{1}{2}$ pound peeled pumpkin | 2 Tbsp. flour |
| 1 or 2 eggs | 1 tsp. baking soda |
| Sugar, ninnamon, raisins | Some milk |

Boil the peeled pumpkin in water with salt till soft. Mash. Add the beaten eggs, sugar, cinnamon, raisins, flour, baking soda and a little bit of milk. Fry 3 or 4 small cakes at a time in frying pan in oil or butter. Sprinkle with sugar and cinnamon if desired. (Or make small pancakes or a greased hot griddle).

Mrs. E. Henriques

Though few women take up law innumerable ones lay it down.

Pastry Mix

- | | |
|--|--|
| $6\frac{1}{4}$ Cups sifted all-purpose flour | 1 Lb. ($2\frac{1}{3}$ Cup) vegetable shortening |
| 1 Tbsp. salt | |

May be stored at room temperature for weeks.

Makes $9\frac{1}{4}$ C. mix.

For: 2 crust pies or 12 tart shells, use $2\frac{3}{4}$ C. mix plus 4 Tbsp. water. Mix.

Lattice - Top Pie. Use 2 Cups pastry mix plus $3\frac{1}{2}$ Tbsp. cold water.

Pie Shell. Use $1\frac{1}{2}$ cups pastry mix plus 2 Tbsp. cold water.

Eleanor Speziale

Breads & Cereals

Rolls

- | | |
|-------------------------------------|---------------|
| 2 $\frac{1}{4}$ Cups lukewarm water | 2 Eggs |
| $\frac{1}{2}$ Cup sugar | 2 Yeast cakes |
| 2 tsp. salt | 7 Cups flour |
| 3 Tbsp. shortening | |

Mix yeast and $\frac{1}{4}$ cup water, and 1 tsp. sugar. Cream shortening, salt and sugar. Add yeast and rest of water. Add 3 cups of flour, then eggs, well beaten. Add rest of flour. Put in refrigerator until ready to use. Set out in muffin tins as clover leaf or other type roll. Let rise about $1\frac{1}{2}$ to 2 hours. Bake 10 minutes at about 425 degrees.

Jeannette Faucett
(Dode Reimel's recipe)

Pizza Pie Dough

Mix in a large bowl, 3 tablespoons of oil, 1 tablespoon of salt and 1 cup of boiling water. Let cool. Add 1 yeast cake which has been dissolved in $\frac{1}{4}$ cup of lukewarm water. Then add one more cup of lukewarm water. Mix in 3 cups of flour and knead until dough is dry. (You keep adding flour until dry if 3 cups are not enough). Knead 10 minutes. Let rise.

Divide dough and stretch or roll out to fit pans.

Sprinkle olive oil over surface of dough, then parmesian cheese and mozzarella cheese and tomatoes. Sprinkle oregano and bake at 350-400 degrees.

Mrs. Tricarico

Butter Horn Rolls

Dissolve 1 yeast cake in $\frac{1}{4}$ cup warm water and 1 tsp. sugar. Scald 1 cup milk and let cool, add $\frac{1}{2}$ cup butter, $\frac{1}{2}$ cup sugar and $\frac{1}{2}$ tsp. salt while milk is hot. Beat 3 eggs; add to cooled milk. Add yeast and 3 cups sifted flour and mix with electric mixer. Mix in one more cup of flour with spoon, then dump dough out on one more cup of flour and knead until firm, smooth dough is formed. Place in greased bowl and let rise until double, punch down and make into dinner rolls; let rise to top of pan and bake in 325° oven 10 minutes. Then butter tops and brown in oven. Makes 3 dozen.

Marguerite Norton

Butter Horns

- | | |
|-------------------------|-------------------------------------|
| 1 Cake yeast | 4 Cups sifted flour |
| $\frac{1}{2}$ Cup sugar | $\frac{1}{2}$ tsp. salt |
| 1 Cup cold milk | $\frac{1}{2}$ Cup melted shortening |
| 2 Eggs — beaten | |

Mix yeast and sugar; add cold milk and let stand $\frac{1}{2}$ hour. Add eggs, salt and part of flour. Add melted shortening and rest of flour. Mix well. Cover and place in refrigerator overnight. When ready to set out dough, divide in half. Roll on floured board. Cut wedge shape and start rolling with broad edge. Let rise for 3 hours. Bake in hot oven 20 minutes or until golden brown.

Margaret Hellwig

Basic Roll Dough

- | | |
|--------------------------|--------------|
| $\frac{1}{2}$ Cup sugar | 1 Tbsp. salt |
| $\frac{2}{3}$ Cup crisco | |

Add 2 cups hot milk. Let cool to lukewarm. Mix 1 yeast cake in $\frac{1}{4}$ cup lukewarm water. Add to above mixture. Add 2 beaten eggs, 6 cups of flour. Add three cups each time. Cover and place in ice box over night.

Coffee Ring

Roll above dough out on floured board. (I divide above dough into three or four rings). Cover with melted butter, brown sugar, sprinkle with cinnamon, raisins and chopped nuts. Roll up like a jelly roll. Place in greased pan. Cut top in small cuts. Let raise two hours. Bake in 350 degrees oven for 30 minutes. Glaze with powdered sugar, water and vanilla while still hot. Decorate with cut cherries and nuts.

Mattie Burbage

No Knead Rolls

Place in a mixing bowl $\frac{3}{4}$ cup lukewarm water, $\frac{1}{3}$ cup oil, $\frac{1}{4}$ cup sugar, 1 tsp. salt, $\frac{3}{4}$ cup evaporated milk, 2 eggs, and then sprinkle 1 package active dry yeast over this. (about 2 Tbsp. yeast). Let stand a few minutes, then stir well. Add $3\frac{1}{2}$ cups sifted flour. Mix until well blended. Spoon into well greased muffin tins, filling $\frac{1}{2}$ full. Let rise until batter has risen to edge of muffin tin and is rounded in center. Takes about 45 minutes. Bake at 400 degrees — 15-20 minutes.

Mrs. Patsy Latimer

Orange Rolls using basic Butter Horn Roll Dough

Butter Horn Rolls:

- | | |
|------------------------------|----------------------------------|
| 1 Yeast cake dissolved in | $\frac{1}{2}$ Cup sugar |
| $\frac{1}{2}$ Cup warm water | 3 Eggs, well beaten |
| 1 Cup scalded milk | $4\frac{1}{2}$ Cups sifted flour |
| $\frac{1}{2}$ Cup butter | 1 Tbsp. salt |

Add butter to scalded milk. Add sugar to beaten eggs. When milk, butter mixture cools, add to eggs, add dissolved yeast to mixture. Add salt. Stir in flour, half at time. Keep in refrigerator over night before using.

Orange Filling:

- | | |
|--------------------------------------|-----------------------------------|
| $\frac{1}{3}$ Cup of butter | 2 Tbsp. concentrated orange juice |
| $\frac{2}{3}$ Cup sugar (granulated) | Grated rind of three oranges |

Melt butter, add other ingredients and blend. Boil for 5 minutes. Cool.

Grease small muffin tins. Put 1 Tbsp. filling in tin. Add small ball of dough. Let rise about an hour. Bake 350° 20 minutes, or until light brown. Makes 32 small rolls.

Claire L. Goodwin

*As we partake of earthy food,
The table for us spread,
We'll not forget to thank Thee,
Who gives us daily bread.*

Stolle

For batter, mix 2 cups scalded milk, 2 yeast cakes, and 2 cups flour. Beat until smooth; let stand in warm place about 1 hour, until light.

Cream 1 cup shortening, 1 cup sugar, $1\frac{1}{2}$ tsp. salt. Add 2 beaten eggs, grated rind of 1 lemon and juice of lemon. Add flour until not sticky, 2 cup raisins, 1 cup nuts, 1 glass candied cherries, citron, pineapple; knead and make out into 3 loaves. Let stand 2 hours. Bake one hour at 325° . Sprinkle with lots of butter and powdered sugar. Keeps very well in refrigerator.

Helen McIntyre

Rice Can Be Baked

When rice is to be served with a casserole or other dish that requires a 350 oven, both may be baked at the same time. To bake rice, place one cup of white rice in a shallow baking dish, add $\frac{1}{2}$ t. of salt and 2 cups boiling water. Cover tightly with a lid or aluminium foil & bake 30 min. Rice is tender and soft, not sticky.

Mrs. Carroll F. Bond

Golden Toasted Rice

- | | |
|-----------------------------|-------------------------|
| 1 Cup uncooked rice | $\frac{1}{2}$ Cup water |
| 2 Tbsp. butter or margarine | 3 or 4 green onions |
| 1 Can (11 oz.) consomme' | 1 to 3 Tbsp. soy sauce |

Toast the rice by spreading the grains in a heavy pan and heating in a moderate oven (350°) until lightly browned.

Melt butter in a heavy pan with a tight fitting cover; add rice and cook it slightly, stirring constantly. Pour in consomme' and water, stir once, cover, and turn heat to the lowest possible point.

Let rice steam for 25 minutes.

Stir in finely sliced green onions and tops and the soy. Remove from heat, put on the cover again, and let stand a few minutes to blend the flavors and partially cook the onion. Serves 4.

Chicken pieces or pork chops may be added to the melted butter and browned; then add the rice as per directions and proceed with the recipe.

Joyce Nelson

Zwibach

- | | |
|---------------|---------------|
| 8 Eggs | 8 Tbsp. flour |
| 8 Tbsp. sugar | |

Separate eggs. Beat egg whites in mixmaster until it begins to stiffen. Add one Tbsp. of sugar at a time until egg white forms peaks. Add one egg yolk at a time. Turn beater down and add flour-slowly folding in.

Pour into greased & lined 8"x10" pan and bake until done. About 30 min. at 350°. Do not remove from pan until completely cool. Cut into two 8"x5" pieces. Spread jam or favourite preserves in middle. Serve with scoop of whipped cream.

Chris Crawley

Kitchen Hymn

*Lord of all pots and pans and things,
Since I've no time to be
A saint by doing lovely things,
Or watching late with Thee,
Or dreaming in the early day light,
Or storming heaven's gates,
Make me a saint by getting meals,
And washing up the plates.*

*Although I must have Martha's hands,
I have a Mary mind;
And when I black the boots and shoes,
Thy sandals, Lord, I find.
I think of how they trod the earth,
Each time I scrub the floor;
Accept this meditation, Lord,
I haven't time for more.*

*Warm all the kitchen with Thy love,
And light it with Thy peace.
Forgive me all my worrying, and
Make all grumbling cease.
Thou who didst love and give men food,
In room, or by the sea,
Accept this service that I do —
I do it unto Thee.*



• **Photo by Iety Couzy**

Vegetables

Hearts of Artichoke Casserole

- | | |
|---------------------------|-------------------------------|
| 2 pkgs. frozen artichokes | 2 Cloves of garlic |
| 1/2 Loaf day-old bread | 1/4 Cup Italian grated cheese |
| Salt and pepper | Parsley - Wesson oil |

Cook and drain artichokes. Grate bread on back of cheese grater and season with salt and pepper, chopped parsley, garlic and cheese. Place artichokes in oiled casserole and cover with crumb mixture. Moisten well with wesson oil and ease in about 1/2 cup water in around the edges, being careful not to disturb oiled crumbs. Bake at 350° until light brown. This can be prepared early in the day, but do not add oil or water until ready to bake. Serves 6.

Connie Binetti

*Thou art the Way, the Truth, the Life;
We pray Thee, Master, lead us
Away from earth's vain restless strife,
With heavenly manna feed us.*

Asparagus Casserole (Makes 5 servings)

- | | |
|---|----------------------------------|
| 2 10-ounce pkgs. frozen asparagus | 1/4 Cup of milk |
| 1 10 1/2-ounce can cream of mushroom soup | 1/3 Cup of chopped pecans |
| | 1/2 Cup of shredded sharp cheese |

Cook asparagus until tender; drain. Arrange in buttered shallow baking dish. Blend soup, milk and pecans; pour over asparagus. Sprinkle with cheese and paprika. Bake 15 minutes at 425 F. or 20 minutes at 400 F.

Mrs. Edward Tucker

Fried Asparagus

- | | |
|-------------------------|-------|
| 1 pkg. frozen asparagus | Flour |
| 2 Eggs | Oil |

Cook asparagus, drain and cool. Beat eggs, season with salt and pepper. Roll each piece of asparagus individually in seasoned flour, then in the eggs. Fry in oil until brown, drain on paper towel. Serve hot.

Connie Binetti

Brussel Sprout Casserole

Cook 2 packages frozen brussel sprouts, drain. Add $\frac{1}{2}$ cup onions and $\frac{1}{2}$ cup green pepper, chopped, and which have been cooked in butter until tender. Combine with 1 can tomatoes, salt and pepper. Bake 45 minutes at 350°.

Marylou Ielfield

*Some women like to play a game, while others like a book,
but the woman who will get her man is the girl who likes to cook.
Rule I on how to handle a husband: Feed the brute!*

Quick Baked Beans

- | | |
|---------------------------|---------------------------------------|
| $\frac{1}{4}$ Cup vinegar | $\frac{1}{2}$ Small onion, chopped |
| 1 Tbsp. Frenches' mustard | 2 Small or 1 large can pork and beans |
| 3 Tbsp. brown sugar | |

Combine vinegar, mustard, sugar and onion; bring to boil. Then remove from heat; empty beans into pan, stir to mix. Bake at 400° for one hour.

Clydie Moritz

Baked Beans

I take two generous cups of New York or Michigan white beans and soak them overnight. Early in the morning I put them on to boil. When the skins curl off when you blow on them, they've boiled long enough. Then I put them in the bottom of the bean pot with a six-by-eight-inch square of salt pork, with the rind slashed every quarter of an inch, a quarter of a cup of sugar, half a cup of molasses, a large onion chopped fine, and a heaping teaspoonful of dry mustard. The beans are dumped on top of this conglomerate and enough hot water is added only to cover. The pot should be large enough so there's at least one inch of free-board above the water. Otherwise they'll boil over and smell to high heaven. Cover tightly and put into a 350° oven. They should be in the oven by 9:30 in the morning, and should stay there until supper time. The real secret of baking beans lies in patience; add water whenever the level goes below the top of the beans. For best results, add only enough water each time to just cover the beans. Serve with corn bread, ketchup and pickles.

taken from "We Take to the Woods"
by Louise Dickinson Rich

Submitted by Mary Lou Koulman

Baked Beans for 50 people

- | | |
|--|-----------------------|
| 13 Cans family size Campbell
pork and beans | 4 Bottles of catsup |
| 1½ Lbs. dark brown sugar | ½ Lb. of bacon |
| 3 Cups of onion (chopped) | Salt, pepper to taste |

Combine all ingredients in large pan or electric roaster. Bake at 325 degrees for about 4 hours, then turn down to 225 and continue to cook for about 4 more hours. Watch carefully and stir often, if the beans seem to be sticking, turn oven to warm and continue cooking until serving time.

Jayne Sutton

Canned Baked Beans

- | | |
|--|------------------------|
| 2 1 Pound cans pork and beans in
tomato sauce | 4 Tbsp. tomato catsup |
| 2 Tbsp. brown sugar | 1 Large onion, chopped |
| 2 Tbsp. molasses | 3 Strips bacon |

Mix all ingredients except bacon. Place in a greased iron pot or bean pot. Cover with strips of bacon. Bake in very slow oven (225°-250°) for two hours.

Jeanette Grossman

Rice and Kidney Beans

- | | |
|---|--------------|
| 1 Can kidney beans | 1 Cup rice |
| 1 Large onion cut up | Salt, pepper |
| ¼ Pound salt meat, bacon, beef,
pork | |

Cook kidney beans with onions and salt meat on a slow fire until meat is soft, turn heat on low, add rice, salt pepper, a little butter. Very nice with fried chicken.

Passo de Paauw

New Mexico Chili Beans

- | | |
|-------------------------|---------------------------|
| 1 Tbsp. fat | ¼ tsp. oregano |
| 1 Large onion chopped | 1 Tbsp. vinegar |
| 3 Cloves garlic chopped | 2 Tbsp. Chili powder |
| 2 Tbsp. olive oil | 1 Cup tomatoes |
| ½ tsp. salt | 1 Lb. pinto or pink beans |

Soak beans overnight. Put on to cook with a piece of ham bone or ham fat, covered with water.

Hazel Goodwin

Vegetables

Portuguese Beans

1 Pound Pink Beans. Wash and soak overnight in water to cover (if convenient). Next morning put beans to cooking on Med. heat. After 1 hr. add $\frac{1}{2}$ tsp. Baking soda, stir well then season with bacon or salt pork, cut in cubes and salt to taste. Cook about 3 hrs. more. Add water as needed. Saute in a little oil or bacon drippings 1 med. onion and 1 green pepper chopped fine. Add $\frac{1}{2}$ tsp. comino (cumin), 1 can Tomato paste and 1 can water. Put this into beans and simmer about 1 or 2 hours longer.

Note: Slow cooking of beans is important. These beans may cook 8 hrs. on very low heat.

Florence Wyatt

Deviled Green Bean Casserole

- 1 Medium onion
- 1 Clove garlic
- $\frac{1}{2}$ Green pepper
- 2 Pimientos
- 3 Tbsp. butter or margarine
- 2 tsp. prepared mustard

- 1 Can condensed tomato soup or 1 8-oz can tomato sauce
- 1 Cup or $\frac{1}{8}$ lb. grated American Cheddar cheese
- 2 Cups fresh, frozen (cooked) or canned green beans
- Salt and pepper

Chop onion, garlic, green pepper and pimiento into little chunks. Cook in melted butter or margarine until onions look somewhat transparent. Remove from heat and stir in mustard, tomato soup or sauce, cheese, green beans, salt and pepper. Pour into a greased medium casserole and bake 25 to 30 minutes or until cheese is melted through and vegetables are hot.

Eleanor Miller

Dutch Green Beans

- 1 Pound green beans or 2 10-oz pkgs. frozen beans
- 1 Large onion
- 3 Tbsp. butter or margarine
- 1 tsp. salt
- 1 small can mushrooms, sliced

If you're using fresh green beans, wash and cut them. With frozen beans, just open up the package.

Melt butter or margarine in saucepan, add finely chopped onion and cook until golden in color, about 3 minutes. Toss in the beans, pour in $\frac{1}{4}$ cup boiling water and salt. Cover tightly and cook over low heat for about 15 minutes or until beans are tender when tested with a fork. Add mushrooms and heat through. Serves 6.

Eleanor Miller

Green Bean Casserole

- | | |
|---|-------------------------------|
| 2 Cans whole green beans (boil until dry) | 1 Cup chopped onion (sauteed) |
| 1 Large can Italian tomatoes, drained | ½ tsp. salt |
| 6 Slices chopped bacon | ¼ tsp. pepper |
| | ½ Cup grated Y. Amer. cheese |
| | Green pepper, optional |

Mix in above order and bake 350°, 30 min.

Annelle Beatty

Green Bean Casserole

- | | |
|------------------------------|---------------------------|
| 2 Cans green beans (drained) | 1 Can French fried onions |
| 1 Can mushroom soup | Grated cheese |

Mix beans & soup (do ahead).
Just before baking - fold in onions.
Cover top with cheese.
Bake about 30 min. at 350°.

Mildred Massey

Green Beans, Patio Style

- | | |
|----------------------------|------------------------|
| 2 Cans green beans (No. 2) | 1 Can tomatoes (No. 2) |
| ½ Green pepper, chopped | ½ tsp. salt |
| 1 Medium onion, chopped | 2 Tbsp. rice |
| 1 Cup sliced celery | 2 Tbsp. butter |

Drain green beans, reserve liquid. Cook green pepper, onion and celery in bean liquid until tender and liquid has evaporated. Add beans, tomatoes, and salt. Sprinkle the bottom of a greased casserole with the rice and pour in the green bean mixture. Dot with butter and bake at 350° 30 minutes. Serves 8.

Priscilla Smith

Green Beans au Gratin

Make a heavy cream sauce with added cheeses:

- | | |
|----------------------|----------------------------|
| ½ Cup young American | ¼ Cup Kraft cracker barrel |
| ¼ Cup coon | |

Add salt and pepper to taste; blend until smooth and pour sauce over drained No. 2 can green beans. Pour into a greased baking dish, top with buttered crumbs, sprinkle with paprika. Bake 20 minutes at 350°.

Charlotte Fitzgerald

Vegetables

Family Favorite Beans (Serves 6 to 8 persons)

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|--|----------------------------|
| 2 pkgs frozen Lima beans (can use either baby or Fordhook limas) | 6 to 8 slices bacon |
| | 2 Medium onions, chopped |
| | 2 Cans Hunt's tomato sauce |

Cook lima beans until done (do not overcook). While beans are cooking fry bacon, reserve bacon fat and drain bacon on paper towel. Cut into small pieces. Saute chopped onion in bacon fat for three minutes or until soft. In large bowl pour drained lima beans, mix in sauted onions with the bacon fat, tomato sauce and the bacon. Put into casserole, cover and bake in 300° oven for 30 minutes.

A dash of tabasco and a few drops of Lea & Perrins may be added to this casserole if desired.

Helen Hunt

*Look up to heaven when entering
a door and pray for all inside!*

Cheese-Lima Casserole

- | | |
|--|---|
| 2 Tbsp. butter | 1 to 2 Tbsp. Chili powder |
| ½ Cup minced onion | 2 Tbsp. flour |
| 1 to 2 No. 2 cans tomatoes | ¼ Cup cold water |
| 3 to 4 cups cooked, drained Lima beans | 2 Cups shredded Cheddar cheese
(2 4-ounce pkgs.) |
| 1 tsp. salt | |
| Garlic salt | |

Cook onion in butter until tender but not browned. Add tomatoes beans, salt, garlic salt and chili powder to taste. Simmer gently about 10 minutes. Add flour to cold water, blend to a thin paste. Thicken vegetable mixture.

Put half of the bean mixture into casserole. Sprinkle 1 cup of cheese on top, then add remaining beans and cheese. Bake in moderate oven about 20 minutes. Makes 4 to 6 servings.

Jeannette Faucett

Lima Beans

- | | |
|---------------------------|---------------------|
| ½ Cup Avoset coffee cream | 1 Whole clove |
| 2 Bay leaves | 3 Thin slices onion |

Scald and strain over lima beans (1 pkg. frozen). Add ¼ cup butter. Serve in small dishes.

Mary Byington

Broccoli, Almond Sauce

- | | | | |
|---------------|-------------------------------------|---------------|-------------------------|
| 3 | 10-oz. pkgs. frozen broccoli spears | 1 | Tbsp. lemon juice |
| 3 | Egg yolks | $\frac{1}{4}$ | Cup melted butter |
| $\frac{1}{2}$ | Cup dry white wine | $\frac{1}{4}$ | tsp. Ac'cent |
| | | | Salt and cayenne pepper |
| | | $\frac{1}{2}$ | Cup slivered almonds |

Cook broccoli according to directions on the package. Beat the egg yolks slightly in the top of a double boiler. Add dry wine, lemon juice and melted butter. Cook over boiling water, stirring constantly for 2 or 3 minutes, or until thickened. Add the Ac'cent, salt and cayenne pepper to taste, and the slivered almonds. When heated, pour the sauce over the cooked broccoli. Serves 6.

Peggy Orr

Broccoli-and-Onion au Gratin

Peel 3 pounds small white onions and cook in boiling salted water until tender. Drain. Cook broccoli and drain. Make cream sauce with $\frac{3}{4}$ cup butter, $\frac{3}{4}$ cup flour, 1 quart milk and 1 pint light cream. Season with 1 Tbsp. salt and $\frac{1}{4}$ tsp. pepper. Mix with the onions and broccoli. Pour into casserole. (This dish can be prepared up to this point several hours in advance). Sprinkle the top with $\frac{1}{2}$ cup grated cheese. Bake in a 350 degree oven, until bubbly and brown.

Esther Monroe

*It may not be in my way and it may not be in your way,
but always in His own way, God will provide. He feeds
the birds, but He does not throw it in their nests.*

Broccoli Supreme

- 2 pkgs. broccoli
- $\frac{1}{2}$ Cup grated cheddar cheese
- $\frac{1}{4}$ Cup slivered almonds

Make a cream sauce of the following:

- | | | | |
|---------------|-----------------|---------------|---------------|
| $\frac{1}{2}$ | Stick butter | 1 | bouillon cube |
| 4 | Tbsp. flour | $\frac{3}{4}$ | Cup hot water |
| 1 | Cup table cream | 2 | Tbsp. sherry |

Cook broccoli slightly and put into a casserole. Cover with the cream sauce, sprinkle with the cheese, and then the almonds. Bake about 30 minutes.

Caroline Henschke

Vegetables

Cabbage and Mushrooms (Baked Casserole)

Boil shredded cabbage 8 minutes and drain. Put in greased casserole. Add mushroom soup and 1 can mushrooms with juice. Cover with buttered bread crumbs. Bake in 300 degree oven for one hour. (If large head-double Mush. soup and mushrooms.)

Esther Monroe

Carrot Drumsticks

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|-------------------------------|---------------------------|
| 3 Tbsp. melted margarine | 1½ Tbsp. minced onion |
| 1½ Cups cooked mashed carrots | 1½ Tbsp. chopped pimiento |
| 3 Cups soft bread crumbs | ¾ tsp. salt |
| 1 Egg, well beaten | Fine dry bread crumbs |
| 1½ tsp. celery salt | |

Mix margarine, carrots, soft bread crumbs, egg, onion, pimiento and seasonings. Form in shape of drumsticks. Insert a wooden skewer in end of each. Cover with dry bread crumbs. Bake in moderate oven 25 minutes; place a paper frill on each skewer. Serve with white sauce if desired.

The Dorcas Society
Seventh Day Adventist Church
San Nicolas

*Fret not He loves thee.
Fear not . . . He holds thee.
Faint not He keeps thee.*

Tropical Carrots

- | | |
|-----------------------------|---------------------------------------|
| 16 Small carrots | 1 Cup water |
| 3 Tbsp. butter or margarine | ¼ Cup frozen orange juice concentrate |
| ⅓ Cup sugar | |
| 1 Tbsp. cornstarch | ½ Cup toasted, flaked coconut |
| ¼ tsp. salt | |

Cook Carrots in small amount of salted water. Melt butter in saucepan, blend in sugar, cornstarch and salt. Stir in water, orange juice concentrate and ¼ cup of the coconut. Bring to boil over moderate heat; cook and stir until smooth and thickened. Add carrots and cook over low heat about 15 minutes. Serve with remaining coconut. Serves 8.

Sally Allen

Cauliflower Casserole

Break cauliflower in small pieces after cooking in salt water, drain. Arrange in a greased casserole sprinkled with bread crumbs. Dissolve 2 T. flour in $\frac{1}{4}$ cup milk, salt and pepper to taste, and pour over cauliflower. Sprinkle top with bread crumbs, pour over all $\frac{1}{2}$ pint sour cream and dot with butter. Bake at 375° about 1 hour or until brown on top.

Betty Pakozdi

Creamed Cauliflower

- | | |
|------------------------------------|---------------------------------------|
| 1 Cauliflower | 1 Cup of milk |
| $\frac{1}{2}$ Stick butter | 1 Boiled egg minced |
| 1 Onion chopped | $\frac{1}{8}$ Kilo cheese grated |
| $\frac{1}{4}$ Green pepper chopped | Salt and pepper - fine cracker crumbs |
| 2 Tbsp. flour | |

Parboil the cauliflower. Make sauce adding the onion and pepper and last the cheese.

Put the cauliflower in casserole and cover with the sauce to bake in a 350 oven for 30 minutes or until the cracker crumbs are brown. This serves 6 to 8.

Alma Minton

Scalloped Corn Casserole (from Argentina)

- | | |
|-------------------------------------|---|
| 1 Small pepper (green) | $\frac{1}{2}$ Cup milk |
| $\frac{1}{2}$ Onion, finely chopped | 2 Cans cream style corn |
| 2 Tbsp. butter | 1 Egg yolk |
| 2 " flour | $\frac{1}{2}$ Cup dried bread |
| 1 tsp. salt | 1 Tbsp. butter |
| $\frac{1}{2}$ " paprika | $\frac{2}{3}$ Cup buttered cracker crumbs |
| $\frac{1}{4}$ " dry mustard | |
| Few grains cayenne | |

Cut pepper in small pieces, cook pepper, onion and butter 5 minutes stirring constantly. Add flour mixed with seasonings and stir until well blended. Add milk gradually while stirring constantly. Stir and bring to boiling point. Add corn, egg yolk and bread broken in small pieces and cooked with 1 tablespoon of butter until well browned. Turn into buttered baking dish, cover with buttered crumbs and bake in hot oven (400° F.) until crumbs are brown.

"Punk" Frey

Vegetables

Chinese Chop Suey

- 1 Cup coarsely chopped mushrooms
- 1 Cup chopped celery
- 1 Cup bean sprouts
- 1 Cup chopped cabbage

- 2 Tbsp. cooking oil
- 1 tsp. butter
- 4 Eggs
- ½ Cup milk
- Soy sauce to taste

Cook mushrooms and other vegetables in oil and butter for 10 minutes. Beat eggs and milk together. Add to vegetables and let simmer over a slow fire, turning carefully with pancake turner. Add soy sauce to taste and continue cooking a few minutes. Serves 6.

The Dorcas Society
Seventh Day Adventist Church
San Nicolas

Corn - Spoon

- 3 Eggs, separated
- 1½ Cups milk, scalded
- ¾ Cup corn meal
- ¾ tsp. salt

- 2 Tbsp. butter or margarine
- 1 17 ounce can cream-style corn
- ¾ tsp. baking powder

Grease a 2-quart baking dish. Beat egg whites until stiff but not dry; beat yolks until thick. Stir corn meal, salt, into scalded milk, beating hard. Cook a few seconds over low heat, stirring until it is the consistency of thick mush. Blend in butter and corn, then baking powder. Fold in yolks, then egg whites. Pour into baking dish. Bake at 375° about 35 minutes or until puffy and golden brown. (Knife inserted in center comes out clean). Delicious with butter or gravy - ham or chicken. Serves 5 or 6.

Mrs. Agnes Smith

Scalloped Corn - Kansas Style

- 1 12-ounce can whole kernel corn
- ¾ Cup evaporated milk
- 2 Tbsp. butter
- 2 Tbsp. flour
- 1 tsp. salt
- Pepper
- 2 Beaten eggs
- Buttered pieces of bread

Drain liquid from canned corn into measuring cup; add evaporated milk to make one cup. Melt butter in saucepan over low heat, add flour, salt, pepper; stir until smooth. Add liquid gradually, continue cooking until thickened, stirring constantly. Add corn mixed with beaten eggs. Pour into buttered baking dish (about one quart size). sprinkle with buttered bread. Place dish in shallow pan of water. Bake at 350° 45 to 50 minutes. Serves 5.

Mrs. J. F. Malcolm

Meat and Eggplant Bake

- | | |
|---|--------------------------------------|
| 1 Medium eggplant (6 cups, cubed) | $\frac{1}{8}$ tsp. pepper |
| 3 Tbsp. fat | Dash of thyme or majoran |
| 1 Clove garlic | $\frac{1}{4}$ Cup cracker crumbs |
| $\frac{1}{2}$ Pound ground beef or lamb | 5 Medium tomatoes, peeled and sliced |
| $\frac{1}{4}$ Cup chopped onions | 1 Tbsp. butter |
| $1\frac{1}{2}$ tsp. salt | |

Brown chopped garlic in fat. Add meat, onion, salt and pepper and herb seasoning. Stir with a fork to separate meat; saute for 5 minutes. Add cubed eggplant, saute another 10 minutes. Add cracker crumbs and mix. Place half the mixture in a $1\frac{1}{2}$ quart casserole, top with half of the tomato slices. Then add a second layer of meat mixture and tomatoe slices. Dot with butter. Bake in a hot oven 400° for 25 minutes. Garnish with parsley. Makes 4 to 6 servings.

Mrs. Charles Berrisford

*O hands of my Crucified Christ divine
Take into Thine own these hands of mine
And teach them to serve with a love like Thine.*

Rice with Eggplant

- | | |
|-------------------------------------|--|
| $\frac{3}{4}$ Pound rice | $\frac{1}{4}$ tsp. salt |
| 3 Tbsp. oil | $\frac{1}{8}$ tsp. pepper |
| 1 Tbsp. olive oil | 1 Cup bouillon |
| 1 Tbsp. butter | $\frac{1}{4}$ Cup butter |
| 1 Thin slice salt pork, chopped | $\frac{1}{2}$ Pound Mozzarella cheese, sliced thin |
| $\frac{1}{2}$ Medium onion, chopped | 4 Tbsp. grated Parmesan cheese |
| 1 Can tomato paste | |
| 4 Tbsp. water | |

Peel eggplant, slice thin and fry in oil. Set aside. In saucepan, place oil, butter, salt pork and onion and brown thoroughly. Add tomato paste, salt and pepper and cook 40 minutes, adding more water if necessary. Remove 1 cup sauce from pan and set aside. Add bouillon to rest of sauce and cook rice in it about 12 minutes, or until tender. More water may be added. Add butter to cooked rice mixture.

In a casserole place half the rice, then half the eggplant, then half the mozzarella and half the tomato sauce which you set aside. Repeat and add parmesan cheese. Bake 15 minutes at 400° . Serves 6.

Helena Leighty

Vegetables

Eggplant a la Russe

- | | |
|------------------------------------|----------------------------|
| 4 Tbsp. butter | 1 1/2 Cups cooked tomatoes |
| 2 Tbsp. finely chopped onion | 1 Tbsp. sugar |
| 1 Small eggplant, peeled and cubed | 2 Tbsp. flour |
| 1/2 Cup sour cream | Salt & pepper to taste |

Melt butter in large frying pan. Fry onion and eggplant in butter until slightly browned. Add tomatoes and sugar. Cook until about half the liquid is evaporated. Cover and cook slowly until eggplant is tender or about 20 minutes. Blend flour and sour cream. Add to eggplant mixture. Cook, stirring gently until just thickened. Season with salt and pepper. Serves 4.

Esther Monroe

Scalloped Onions & Almonds

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|---|--------------------------|
| 4 Cups sliced raw onion (1/2 in. thick) | Salt |
| 1/2 Cup blanched, slivered almonds | 1/2 Cup cornflake crumbs |
| 1 10 1/2 oz. can cream of mushroom soup | 2 Tbsp. melted butter |

Cook onions in boiling water (salted) until tender. Drain. Place alternate layers of onions, almonds and soup in greased shallow 1 qt. baking dish. Sprinkle each layer lightly with salt. Combine cornflake crumbs with butter. Sprinkle over onion mixture. Bake in moderate oven (350 degrees) about 20 min. Makes 6 servings.

Mrs. Fletcher Dunbar

Peas & Mushrooms

- | | |
|------------------------------|------------------|
| 2 tsp. chopped onion | 4 Tbsp. butter |
| 1 8 oz. can button mushrooms | 1/2 Clove garlic |
| 1 Large can green peas | |

Rub inside of small covered skillet with garlic. Melt butter over slow heat. Add drained mushrooms and onion, saute until onions are clear but not brown. Add peas, salt and pepper to taste. Cover and simmer until peas are thoroughly heated. Place in serving dish and garnish with pimento strips.

Mrs. C. L. Horsch

Calas

- | | |
|-------------------------|----------------------|
| 1 Pound black eyed peas | 20 Large hot peppers |
| 4 tsp. salt | |

Soak peas overnight, peel one by one, grind together with hot pepper, add salt. Beat this mixture, adding a little water from time to time until fluffy. Drop a heaping tablespoonful of mixture, one at a time, into deep hot fat. Drain.

Mrs. S. C. Croes

A temper is a valuable possession, don't lose it.

Potatoes Anna

- | | |
|-----------------------------|--------------------------------|
| 6 Medium-large potatoes | ½ tsp. prepared French mustard |
| ¼ Lb. butter (or margarine) | Salt and Pepper |

Select a 9-inch pan about 2½ inches deep and butter it well. Pare and slice the potatoes thin and brush or spread the slices with butter into which the mustard has been worked.

Arrange the slices around the edges of the pan and covering the bottom, overlapping the slices. Sprinkle with salt and pepper. Continue to build up the layers this way until the pan is filled. If any butter remains, melt and pour over the top.

Bake in a hot oven (425°) until the slices are tender (40-50 minutes). Remove from oven and let stand a minute or two. Then run a knife around the edge of the pan, invert and unmould the golden brown potatoes on a hot serving plate.

Mrs. Warren T. Michael

Scalloped Potatoes

- | | |
|------------------------------|---------------------|
| 4 to 5 potatoes, sliced thin | Milk |
| Flour | Salt and pepper |
| Butter | 1 Onion, (optional) |

Cover bottom of a greased baking dish with a layer of sliced potatoes. Dot with butter, a good-sized teaspoon of flour, salt and pepper. Then add another layer of potatoes, butter, flour, salt and pepper. Continue until dish is filled. Be careful not to use too much salt and pepper. Pour milk into dish until it can be seen through top layer. Bake at 350° for 1 hour 15 minutes. Onion may be sliced with each layer of potatoes.

Jeanette Grossman

Vegetables

Old-Fashioned Potato Dumplings

- | | |
|--------------------------------|-----------------------------------|
| 2 Cups mashed potatoes | $\frac{1}{4}$ tsp. pepper |
| 1 Tbsp. butter | $\frac{1}{4}$ tsp. celery salt |
| $\frac{1}{2}$ Cup bread crumbs | $\frac{1}{4}$ tsp. minced parsley |
| 4 Tbsp. flour | 1 Egg |
| $\frac{1}{2}$ tsp. salt | |

Mix ingredients and shape into balls 2 inches in size. (Dust hands with flour). Place on top of stew. Cover tightly and steam 10 minutes.

Dottie Hermansen

Papa Duquesa

- | | |
|------------------|----------------------|
| 4 Large potatoes | 2 tsp. baking powder |
| 2 Tbsp. butter | Salt and pepper |
| 1 Egg | |

Boil potatoes until tender but not mushy. Drain and dry. Press through sieve or mash. Add beaten egg and butter, salt and pepper and baking powder; mix well. Drop a heaping tablespoon of mixture, one at a time, into deep hot fat. Drain and serve at once.

Mrs. S. C. Croes

*O give us hearts to thank Thee,
For every blessing sent
And whatsoe'er Thou sendest
Make us therewith content. Amen.*

Pineapple - Apple - Sweet Potatoes

- | | |
|-------------------------|------------------------------------|
| 3 Cans sweet potatoes | $\frac{1}{2}$ Box dark brown sugar |
| 1 Can crushed pineapple | $\frac{1}{4}$ Lb. butter |
| 1 Can pie sliced apples | Cinnamon to taste |

Drain sweet potatoes and cut each in halves or fourths. Mix together sweet potatoes, pineapple & juice, apples and juice, brown sugar, and cinnamon. Put into 11x13 in. pan or casserole. Dot with butter. Bake covered in moderate oven 45 min. Uncover last 10 min. or so. This amount will serve 4 to 6 generously. Good fix ahead dish to slide in oven at last minute.

Nan Reinsch

Yam - Pineapple Bake

- | | |
|--|---------------------------------------|
| 4 to 5 cups mashed sweet potatoes | $\frac{1}{4}$ Cup softened butter |
| 1 9-ounce can frozen pineapple tidbits (1 cup) | 1 tsp. salt |
| | $\frac{1}{4}$ Pound (16) marshmallows |
| | $\frac{1}{4}$ Cup pecan halves |

Combine sweet potatoes, pineapple and its juice, butter, and salt. Place half of mixture in buttered 1- $\frac{1}{2}$ quart casserole. Top with half the marshmallows and half the pecans. Add the remaining potato mixture. Arrange the remaining half of pecan halves on top. Cover and bake at 350° 30 minutes. Top with remaining marshmallows and continue baking 'til marshmallows are lightly browned. Makes 8 servings.

Mrs. C. B. Shapley

Sweet Potatoe Pudding (to be served with meat course) or Dessert (to be served with cream)

- | | |
|--|--------------------------------------|
| $\frac{1}{4}$ Cup melted butter | 1 Cup rich milk |
| $\frac{1}{2}$ tsp. cinnamon | $\frac{1}{2}$ tsp. grated lemon rind |
| Dash nutmeg | 2 tsp. lemon juice |
| 1 Cup granulated sugar | 2 Eggs, beaten until light |
| 2 Cups pared & grated raw sweet potatoes | |

Put your grated potatoes into bowl and add eggs. Beat in the sugar and add milk, butter, lemon rind and juice. Put in cinnamon and nutmeg. Mix all thoroughly and put in buttered baking dish. Bake at 350° for about $\frac{1}{2}$ hr. Stir it from the sides with a spoon and bake 15 mins. longer.

Hazel Goodwin

Sweet Potatoes with Cashew Nuts

Make a syrup with 1- $\frac{1}{2}$ cups light brown sugar and 6 T. hot water. Add 1- $\frac{1}{2}$ T. lemon juice, 1- $\frac{1}{4}$ tsp. grated lemon rind, $\frac{1}{2}$ tsp. salt and $\frac{1}{4}$ tsp. cinnamon. Layer into a buttered casserole 6 pre-cooked, peeled and sliced sweet potatoes and the syrup above. Sprinkle each layer with part of $\frac{1}{2}$ cup coarsely chopped cashew nuts. Top with a layer of nuts. Heat until bubbling in a 350° oven for 15 to 20 minutes. Makes 8 servings.

Mrs. Rose C. Ciccarelli

Vegetables

Sweet Potatoes

- 2 or 3 cans sweet potatoes
- $\frac{1}{2}$ Tbsp. vanilla
- 1 tsp. nutmeg and cinnamon

- 1 Cup brown sugar
- $\frac{1}{4}$ Cup canned milk
- $\frac{1}{2}$ stick butter

Whip potatoes, add other ingredients. Place in buttered baking dish, top with marshmallows, cherries and nuts. Bake 30 minutes at 300°.

Marguerite Norton

Sweet Potato Patties

Boil or bake sweet potatoes (according to amount needed). Mash potatoes; add angel flake cocoanut, a couple of teaspoonsful Vanilla, $\frac{1}{2}$ stick or more butter, mix and make into patties. Place on greased cookie sheet, top with a marshmallow and bake until marshmallow is slightly browned.

Mattie Burbage

"A soft answer turneth away wrath."

Proverbs 15 : 1

Spinach Loaf with Tomato Sauce

(May be prepared a day ahead)

- 2 Cups cooked and chopped spinach
- 2 Well beaten eggs
- $\frac{3}{4}$ Cup finely chopped cheese
- 2 Tbsp. bacon drippings
- 1 Cup toasted bread crumbs
- 1 Tbsp. vinegar
- $\frac{1}{2}$ tsp. salt
- $\frac{1}{16}$ tsp. black pepper

Combine these eight ingredients and bake in a greased baking dish in a hot (400°) oven for 30 minutes.

Sauce served hot over sliced Spinach Loaf or may be served separately:

- | | |
|-------------------------|------------------------------|
| 4 Slices bacon, diced | 2 Tbsp. chopped green pepper |
| 2 Tbsp. chopped onion | $\frac{1}{4}$ tsp. salt |
| 2 " flour | Few grains pepper |
| 1 Cup strained tomatoes | |

Fry bacon with onion until slightly browned.

Add flour and tomatoes and cook until thick, stirring constantly.

Add rest of ingredients and cook 5 minutes.

Rose Jackson

Spinach Dressing

Chop finely 4 slices bacon, fry until crisp. In a bowl, beat 2 eggs, add $\frac{1}{4}$ cup vinegar (or less to taste) $\frac{1}{4}$ cup water, salt and pepper to taste, and mix well. Add hot bacon to bowl mixture and cool. Return to skillet and simmer, stirring constantly to keep a very creamy mixture. Pour over chopped cooked spinach and serve.

Esther Monroe

Spinach and Sour Cream

- | | |
|--------------------------------------|---------------------------------|
| 1 14-oz. pkg. frozen chopped spinach | $\frac{1}{2}$ Cup sour cream |
| 1 Tbsp. butter | $\frac{1}{2}$ tsp. minced onion |
| 1 Tbsp. flour | $\frac{1}{4}$ tsp. ac'cent |
| | Salt and pepper |

Cook the frozen chopped spinach according to directions on the package, and then drain thoroughly.

In a saucepan melt the butter, and then blend in the flour. Add the sour cream and cook, stirring constantly until the mixture boils and thickens. Stir in cooked spinach. Add Accent, minced onion and salt and papper to taste. Heat gently but thoroughly. Serves 3 to 4.

Peggy Orr

Tomatoes Creole

Melt 2 T. butter in a saucepan. Add 1 can tomatoes, 1 shredded green pepper, 1 large onion, chopped. Cook vegetables about 12 minutes. Season with $\frac{3}{4}$ tsp. salt, $\frac{1}{4}$ tsp. paprika, and 2- $\frac{1}{2}$ tsp. brown sugar. Add $\frac{1}{2}$ cup light cream and 1- $\frac{1}{2}$ T. flour, mixed together.

Olga Rozencwajg

Herb-Scalloped Tomatoes

Mix together in a buttered 2 quart casserole:

- | | |
|----------------------------------|---|
| 4 Cups canned tomatoes | 1 Tbsp. salt |
| 2 Cups prepared poultry stuffing | $\frac{1}{2}$ tsp. each nutmeg and oregano |
| Pepperidge Herb | $\frac{1}{4}$ tsp. each pepper and powdered |
| 1 Small onion, finely chopped | Rosemary |
| 2 Tbsp. sugar | |

Mix ingredients together and top with $\frac{1}{3}$ cup stuffing. Dot with butter. Bake at 375° 45 minutes. Serves 6 to 8.

Vera Eaton

Vegetables

Aruban Stuffed Egg-plant

- 3 Large size eggplants
- 1 Lb. ground meat, or 1 lb. lamb
(broken into small pieces
after cooking)
- 3 Thin slices of ham
- 2 Tbsp. chopped onion
- 2 Tbsp. chopped celery
- 2 Tbsp. chopped green pepper

- 1 Large tomato diced
Pan-fry until light brown in:
- 1 Tbsp. butter
- $\frac{3}{4}$ Cup raisins
- $\frac{1}{2}$ Tbsp. sugar
- A few capers
- 1 tsp. salt, 1 tsp. white pepper,
- $\frac{1}{2}$ tsp. cumin
- 2 Eggs, bread crumbs

Cook meat until tender in little water, 1 tbsp. butter, salt, white pepper and cumin. When half tender add pan-fried ingredients and let cool.

Cook egg-plants in boiling water (enough to cover) in a large pot, for 10 min. or until tender. Let cool, cut in halves and scoop out pulp, leaving shells $\frac{1}{4}$ " thick. Mash pulp removing hard parts and large seeds.

Beat eggs and combine with meats, pan-fried ingredients and pulp, mix well and add sugar, raisins and capers. (Everything should be cold before mixing). Stuff the shells with this mixture, top with bread-crumbs. Line them up in greased baking pan and bake in moderate oven 350° for 45 min. (till tops look brown).

Mrs. A. C. Eman

"He that is of a merry hearth hath a continual feast."

Proverbs 15 : 15

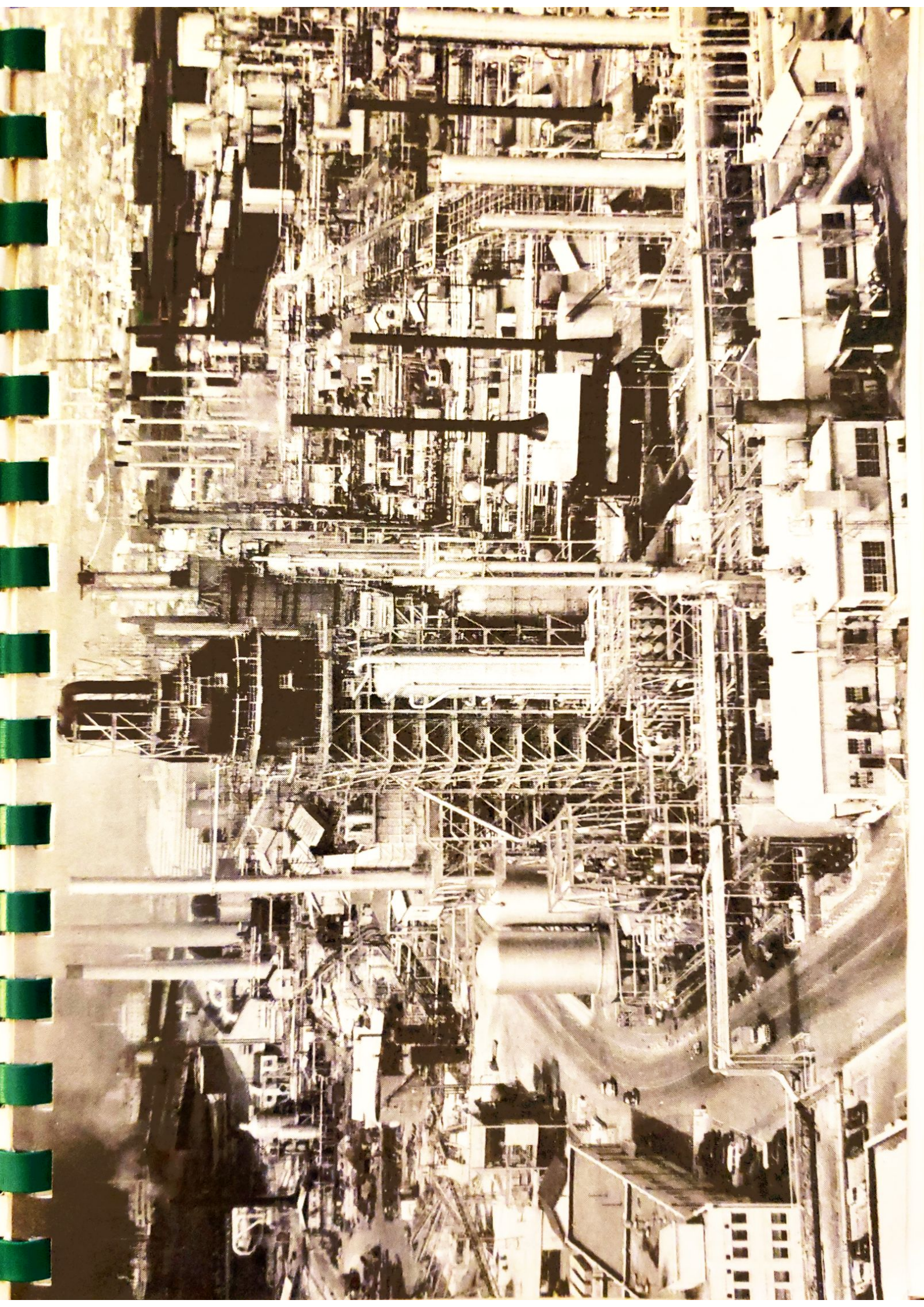
Medley of Vegetables

- 1 $\frac{1}{2}$ Cups sliced onions
- 2 Cups celery
- 1 $\frac{1}{2}$ Cups carrots
- 2 Cups string beans
- $\frac{3}{4}$ Cups green pepper
- 1 $\frac{1}{2}$ Cups mushrooms, sliced
lengthwise

- 4 Tbsp. butter
- 2 Cups canned tomatoes
- 3 Tbsp. Minute tapioca
- 2 $\frac{1}{2}$ tsp. salt
- $\frac{1}{4}$ tsp. pepper

Cut vegetables in strips, $\frac{1}{4}$ by 1- $\frac{1}{4}$ inches. Melt butter in sauce pan; add onion, celery, carrots, string beans (if using canned, do not add until last few minutes of cooking), and cook 10 minutes, stirring frequently. Add tomatoes and mushrooms and cook slowly 20 to 30 minutes, or until vegetables are tender; then add minute tapioca, salt and pepper. Cook 5 minutes more, stirring occasionally. Serves 6. This vegetable may be prepared in advance, put in casserole and just reheated for any occasion.

Ethel Osborn



**Photo courtesy of
Aruba Esso News**

Meat and Fish

Chow Mein

- | | |
|---------------------------------|-------------------------|
| 1 Lb. beef, cubed for chow mein | 3 to 4 onions, chopped |
| 1 Lb. pork, cubed for chow mein | 1 Green pepper, chopped |
| 1 Lb. veal, cubed for chow mein | Pimento (optional) |
| 1 Bunch celery, chopped | |

Brown meat and onion in about 3 tbsp. fat. Add more fat if necessary. Add water to cover. When meat is brown, add salt and pepper. Add celery and green pepper; cook until tender (about 2- $\frac{1}{2}$ hours) adding water if necessary. When tender, add 2 Tbsp. molasses. Thicken with 1 Tbsp. cornstarch, thinned to a smooth paste with soy sauce. Serve on top of chow mein noodles.

Betz Jones

Chow Mein or Chop Suey (*Made with left over Leg of Lamb*)

- | | |
|---|------------------------------|
| 1 $\frac{1}{2}$ Tbsp. butter or margarine | $\frac{1}{4}$ Cup lamb gravy |
| $\frac{1}{2}$ Cup sliced green pepper | 1 Can drained bean sprouts |
| $\frac{1}{2}$ Cup sliced onion | 2 Tbsp. sauce |
| 1 Cup lamb, cut in strips | Mushrooms |
| 1 Cup chopped celery | Water chestnuts |

Sauté peppers and onions in melted butter for 3 minutes. Add the cup of lamb, and cook for 3 minutes. Add celery, gravy, bean-sprouts, soy sauce, mushrooms and water chestnuts. Bring to a boil, and cook only long enough to blend ingredients well. Serve with cooked rice or chow mein noodles. I prefer to do this early in the day, and warm it up at serving time. It seems to gain flavor by standing.

Ruth J. Collins

Lamb Louise

Remove membrane from leg of lamb and rub lamb with olive oil. Cut gashes in meat and fill with the following mixture. Rub same mixture all over lamb.

- | | |
|---------------------------|---------------------------|
| 1 Clove garlic, crushed | $\frac{1}{2}$ tsp. thyme |
| 1 Bay leaf, crushed | $\frac{1}{2}$ tsp. sage |
| $\frac{1}{2}$ tsp. pepper | $\frac{1}{2}$ tsp. ginger |
| 1 tsp. salt | 1 tsp. butter |

Roast as any leg of lamb in a long, slow oven. This makes even the poorest piece of meat taste delicious.

Mary MacNutt

Meat and Fish

Irish Stew (Browned)

- 2 Lbs. cubed, lamb shoulder
- 3 Tbsp. fat
- ¼ Cup minced onion
- ¼ Cup flour
- 2 Cups boiling water
- 1 Cup white wine

- 8 Small carrots, cut lengthwise
- 4 Quartered potatoes
- About 8 small white onions
- Snipped parsley (if desired)
- Pepper and salt

- Method:
1. Fry minced onion in fat in strong kettle (Remove and set aside).
 2. Mix flour, salt and pepper; coat lamb lightly. Save leftover flour.
 3. Brown meat. Add leftover flour, salt, onion, water wine.
 4. Simmer 1-½ hours.
 5. Add potatoes and carrots, small onions, and simmer another 30 minutes.

Mrs. Mitchell

Stewd Cucumbers (Aruban)

- 2 Pounds meat - lamb, mutton or pork
- 1 Large onion
- 2 Tomatoes
- A few cloves
- Pepper, salt and cinnamon

- 1 Spoon butter
- Few drops Worchesterhire sauce
- 1 tsp. sugar, to taste

Stew the meat and all other ingredients in a covered pot until the meat is tender. Add sliced cucumbers; cook together for about 1 more hour. Cook on a very slow fire.

Favia Croes

Life is not a cup to be drained but a measure to be filled!

Gorka (Swedish Cucumbers)

Peel 2 medium cucumbers, slice them as thin as possible in a good-sized bowl. Add 2 tablespoons salt, then press the cucumbers with a saucer or sauce dish until each slice is limp. Drain well and completely rinse off salt. Add salt and pepper to taste, 1 tsp. sugar, 1 Tbsp. vinegar, and 3 Tbsp. minced parsley. Store in a jar or covered dish in the refrigerator until slices become crisp again. Serve as a relish with almost any meat; it can be used as a salad, served on lettuce.

Ruth J. Collins

Stew from West Indian Gerkins

(Komkommer Stoba)

- | | |
|---------------------------------|---------------------------|
| 1 Lb. mutton | Onion, tomato (cut small) |
| ¼ Lb. salted beef or smoked ham | Salt, pepper, nutmeg |
| 2 Lbs. West Indian gerkins | 3 Tbsp. oil |
| 2 Potatoes (cut in pieces) | 2 Tbsp. butter |

Cut up gerkin in four, lengthwise. Wash and shake in plenty of water to get rid of most of the seeds. Drain.

Cut up and soak salted beef.

Cook onion and tomato in oil, with seasonings, for five minutes (don't brown). Add butter, salted beef, mutton; cook on low fire for about 30 minutes. Add gerkins and potatoes, and stew on low fire until everything is tender, and the stew has thickened a little. If necessary, add a little water while cooking. Spare ribs may be substituted for mutton.

Mrs. Henriquez

Carne Stoba

- | | |
|--|-----------------------|
| 2 to 2½ lbs. mutton, with bone,
cut for stew (preferably
Aruban sheep) | 2 Tomatoes |
| 4 to 5 carrots | 8 Potatoes |
| 4 to 5 onions | 1 Small white cabbage |
| 2 Sweet peppers | 1 Stalk celery |
| | 1 Stalk leeks |
| | Salt, pepper, butter |

Clean meat and vegetables. Cut carrots, onion, sweet peppers, tomatoes, celery and leek into pieces, not too small. Cut potatoes in 4-6 pieces. Slice cabbage. Put meat and vegetables together in a cast iron pan. (Dutch oven). Add 50 gr. butter, then salt and pepper to taste. Cook covered and slowly for 2-2½ hours.

Mrs. Dora Schult

Curried Fruit

Drain and dry the fruit from a 1 lb. 13 oz. jar of "Fruits for Salad." Place in a casserole and cover with a mixture of ¼ cup melted margarine, ¾ cup brown sugar, 1 Tbsp. curry powder. Cover and bake 1 hour at 325°. This should be served warm as an accompaniment for ham or pork.

Dot Shapley

Meat and Fish

Curried Fruit

- $\frac{1}{3}$ Cup butter or margarine
- $\frac{3}{4}$ Cup brown sugar, packed
- 4 Full tsp. curry powder
- 1 Can Barlett pears (No. 1)

- 1 Can cling peaches (No. 1)
- 1 Can pineapple chunks, slices or wedges (No. 2)
- 6 Marachino cherries

Melt the butter, stir in the sugar and curry powder; remove from fire. Drain and pat dry all fruit. Place them in a $1\frac{1}{2}$ quart casserole, well mixed around. Add the stirred butter mixture, and bake slowly at 325 degrees for one hour. Serve with turkey or chicken. This can be reheated the next day. Use the fruit juices with soda water or ginger ale for a hot afternoon drink. Serves 10-12.

Mrs. Gordon N. Owen

When bothered by nodding in church, lift both feet off the floor and keep them elevated two inches; any desire for sleep will disappear as long as you do this.

Stuffing for fowl

- | | |
|----------------------------------|---------------------------------------|
| $\frac{1}{3}$ Stick of margarine | $1\frac{1}{2}$ tsp. poultry seasoning |
| 2 Cups sliced celery | 1 tsp. salt |
| $1\frac{1}{2}$ Cups cut onion | $\frac{1}{4}$ tsp. pepper |
| 8 Cups cubed bread (12 slices) | 3 Tbsp. chopped parsley or flakes |

Dice bread and dry in oven. In a large frying or roasting pan put margarine, celery and onions. Cook slightly while margarine melts. Add the rest of the ingredients, mix well, and cook just long enough that bread gets shortening and flavors blended into it. Stuff 2 roasters or 8-9 lb. turkey.

Ruth J. Collins

Baked Plantains

- | | |
|-------------------------------|-----------------------------|
| 2 Plantains | $\frac{1}{2}$ tsp. cinnamon |
| $\frac{1}{3}$ Cup brown sugar | $\frac{1}{2}$ tsp. nutmeg |
| $\frac{1}{4}$ Pound butter | $\frac{1}{4}$ Cup water |

Peel, slice, and arrange plantains in baking dish. Combine all remaining ingredients in a saucepan, and boil until syrupy. Pour over plantains. Bake in a slow oven (325 degrees) until plantains are tender. Lower heat and keep warm to serve.

Nancy Denton

Baked Chicken Parmesan

- | | |
|--|--|
| 6 to 9 pieces chicken breast | $\frac{1}{2}$ tsp. celery salt |
| $\frac{1}{8}$ Lb. melted butter | $\frac{1}{4}$ Cup finely chopped parsley |
| $\frac{3}{4}$ Cup grated Parmesan cheese | 1 Dash sage |
| $\frac{1}{4}$ tsp. black pepper | $1\frac{1}{2}$ Cups bread crumbs |
| 1 tsp. garlic salt | |

Dip chicken in butter, then in combined ingredients. Place on shallow baking pan, allowing room between each piece. Bake 1 hour at 350 degrees.

Mrs. W. Morris

Rabbit or Chicken

Cut up fowl in very small pieces. Brown in olive or other shortening very slowly on low heat, until almost done. (1 hour approximately). Mix 1 can anchovies, mashed very fine, with 1 Tbsp. chopped parsley. Add enough wine vinegar to make a paste, $\frac{1}{2}$ cup, or to suit your taste. Pour over fowl, and simmer for 10 or 15 minutes.

Mrs. J. Payton

Chicken Livers Sauté

- | | |
|-------------------------------|---------------------------------------|
| 2 pkgs. frozen chicken livers | $\frac{1}{4}$ Lb. butter or margarine |
| 2 Large onions, sliced | 5 Tbsp. paprika |

Thaw livers, and cut in half. Melt butter or margarine; fry livers and onions until brown. (If they pop too much, sprinkle with a bit of flour). Add salt, pepper and paprika. Turn to coat well with the paprika. Cover and cook for 10-15 minutes. Serve as an h'ors d'oeuvre or as an entree. This is very rich, so the recipe serves 4 to 6.

Mrs. Charles K. Scott

Baked Chicken Breasts

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|-------------------------------|-----------------|
| 1 pkg. frozen chicken breasts | Butter |
| 1 Can consommé or bouillon | Salt and pepper |
| Garlic salt | |

Sprinkle chicken breasts with garlic salt, salt and pepper; place in an open baking dish. Dot with butter; pour consommé around chicken; bake in a 350 degree oven for $2\frac{1}{2}$ hours, or until well done and brown. Turn at least once during baking. Mushrooms may be added if desired; a little water may be necessary.

Mrs. Charles K. Scott

Meat and Fish

Mexican Chicken

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|--|----------------------------|
| 4 Lbs. chicken breast | 4 Tbsp. parsley |
| 1 Tbsp. butter | 1 tsp. sugar |
| 1 Medium onion, chopped | 1 tsp. black pepper |
| 2 Green peppers, chopped | 1 tsp. Chili powder |
| 1 Clove garlic, chopped | $\frac{1}{2}$ tsp. oregano |
| 1 Lb. can tomatoes | 1 tsp. salt |
| 2 Small cans mushrooms (drain,
but save the liquid) | |

Saute onions, green pepper, and garlic in small amount of butter. Boil chicken breasts until tender. Remove chicken (reserving broth) and pull into large pieces eliminating the bones. Add mushroom liquid to the broth, and reduce liquid by boiling until 2 cups remain. Add all other ingredients to broth, including chicken, and simmer 30 minutes. Add more salt and chilli if you prefer. Serve on rice.

Vera Eaton

*We thank Thee, heavenly Father
For every earthly good,
For life, and health, and clothing,
And for our daily food.*

Poulet Sauté au Citron

- | | |
|------------------------------|--|
| 1 4-Lb. chicken | Salt and pepper |
| 4 Tbsp. butter | 1 Cup heavy cream |
| $\frac{1}{4}$ Cup sherry | $\frac{1}{2}$ Cup grated Parmesan cheese |
| $\frac{1}{4}$ Cup white wine | 4 Thin slices of lemon |
| Grated rind of 1 lemon | 1 Tbsp. butter |
| 2 tsp. lemon juice | |

Cut chicken in serving pieces. Cook until brown all over in the 4 tablespoons hot butter. Cover pan and continue sautéing over slow fire until the chicken is tender. (About 30-40 minutes). Remove chicken. Stir in sherry and white wine; bring to a boil to lift the glaze. Add lemon rind, lemon juice, and season with salt and pepper. Slowly add the cream over a fairly brisk fire. Add chicken, and simmer 5-10 minutes.

To serve: Arrange the chicken on an ovenproof serving dish. Spoon sauce over it. Sprinkle with Parmesan cheese; put lemon slices on top. Dot with 1 Tbsp. butter and brown under the broiler. Serve with rice, green beans and mushrooms, tossed salad, hot buns and Cherries Jubilee. Serves 4 or 5.

Alma Baker

Australian Rice Dish

- | | | | |
|----|---|---|-----------------|
| 2 | Cups celery, diced | 2 | Tbsp. soy sauce |
| 2 | Cups onions, diced | | Optional: |
| 2 | Eggs | | Mushrooms |
| 2½ | to 3 Cups cooked rice | | Green pepper |
| 3 | Cups diced, cooked chicken
or shrimp | | Pimento |

Fry onion and celery until done in a small amount of peanut oil or other shortening. Add well beaten eggs and stir. (Mixture now looks like soft scrambled eggs). Add cooked rice, chicken and soy sauce to mixture. Serves 6.

Jean Brantlund

Poulet Basque

- | | | | |
|---|---|---|-----------------------------------|
| 2 | Lb. frying chicken cut in pieces | 3 | Green peppers |
| 4 | Large tomatoes or 1 medium-
size can | | Fresh or canned mushrooms, sliced |
| | | 3 | Tbsp. sherry or white dry wine |

Wash and dry chicken. Season with salt and pepper. Using a heavy skillet, fry chicken in butter, quickly, until golden. Remove from pan. Replace with green peppers, and sliced mushrooms. Cook them for about 2 minutes, then remove from the pan. In the same skillet, add the tomatoes, and crush them while they are cooking. After about 2 minutes, add the chicken, peppers, mushrooms and wine. Cover and cook slowly for about 30 minutes or until chicken is tender. Thicken sauce with a little cornstarch if necessary. Sprinkle with chopped parsley. Serves four.

Dee Sorenson

Sour Cream Chicken Bake

- | | | | |
|---|---------------------------------|---|---|
| ½ | Cup enriched flour | 8 | Small potatoes, pared and halved |
| 1 | tsp. salt | ¾ | Cup sliced green onions (in Aru-
ba, one medium sized onion,
diced) |
| 1 | tsp. paprika | 1 | Can condensed cream of chicken
soup |
| ½ | tsp. accent | 1 | Cup sour cream |
| | Dash of pepper | | |
| 1 | Chicken (about 2½ lbs.), cut up | | |
| ⅓ | Cup fat | | |

Combine flour and seasonings; coat chicken. Brown slowly in hot fat. Push chicken to one side of skillet; place potatoes on other side. Top with onions. Spoon soup over all; cover and simmer about 50 minutes, or until chicken is tender and potatoes are done. Pour sour cream over; just heat through for about 5 minutes. Garnish with parsley. Makes 4 or 5 servings.

Mrs. C. B. Huffaker

Meat and Fish

Duckling in Wine with Green Grapes

- | | |
|------------------------|------------------------------------|
| 1 Long Island duckling | 1 tsp. kitchen bouquet |
| 1 tsp. salt | $\frac{1}{8}$ tsp. nutmeg |
| 3 Tbsp. fat | $\frac{3}{4}$ Cup Muscatel wine |
| 2 Tbsp. currant jelly | $1\frac{1}{2}$ Tbsp. cornstarch |
| 2 Tbsp. cold water | 1 Cup halved seedless green grapes |

1. Remove outer layer of skin and fat from duck. Cut in serving pieces. Place in a bowl with kitchen bouquet, salt and nutmeg. Stir to coat evenly.
2. Brown duckling in fat over moderate heat. Add wine and jelly. Cover, bring to a boil, reduce heat and cook slowly until duck is tender (about forty-five minutes).
3. Blend cornstarch and water. Stir into sauce in pan in which duck has been cooked. Cook sauce until thickened. Add grapes and heat thoroughly.
4. Arrange duck pieces on a hot platter and cover with the sauce.
4 servings.

Lynn Scott

*Direct, control, suggest each day,
Lord, all that I am to do and say.*

Oven "Fried" Chicken

Good eating; also good news for weight or cholesterol watchers:

- | | |
|--------------------|-------------|
| 1 Frying chicken | Salt |
| 2 Tbsp. Mazola oil | Pepper |
| Cornflake crumbs | Garlic salt |

Pick over chicken pieces, wash, drain and dry on paper towels. Place in a bowl and pour over the 2 Tablespoons Mazola. Turn all pieces of chicken until well coated with the oil; salt and pepper all pieces and use just a whisper of garlic salt. Roll each piece of chicken in crushed cornflake crumbs and arrange on an oiled pan or cookie sheet. Bake at 275° F. for about 1 hour and 15 minutes. (Just time to go to Sunday Church services while it cooks!)

Notes: Do not let heat get too high or crumbs will brown too rapidly.

No cornflake crumbs in the Commissary? Run dry cornflakes in electric blender for a few seconds, and store any extra crumbs in tightly-capped mayonnaise jar for future use.

Betty White

Roast Chicken with Potato Stuffing a la Gina

For Culinary artists with patience.

- | | |
|---------------------------------|-----------------------|
| One roasting chicken (4) pounds | 4 Raw eggs |
| 15 Large raw potatoes | Olive oil |
| Cracker meal | Salt, pepper to taste |
| 6 Raw onions | 1 Cup Chianti wine |
| 3 Cloves garlic | 2 Lemons |

Wash chicken-set aside to drain.

Grind or grate raw potatoes, raw onion and garlic. Drain off some of the water but leave moist. Potatoes will become a bit discolored, but don't fret. Add raw eggs and salt and pepper. Mix. Add cracker meal until mixture becomes stiff enough to make a ball (Not too stiff though). Stuff chicken with mixture. Sew up chicken, or use skewers, or pin with large safety pins to keep in stuffing. Shape the remainder of mixture into balls and place around chicken in roasting pan. Pour a few drops of olive oil over each ball and rub chicken with olive oil. Place in a 350 degree oven. Cut two lemons in half. Squeeze lightly in cup of Chianti wine. As chicken becomes brown, baste chicken with lemon halves soaked in wine. When potato balls begin to harden turn them and baste them with lemon which has been soaked in wine. Keep basting every fifteen minutes until chicken is cooked. This will be cooked in approximately two and one half hours.

Gina Freundel

"Coco au Vin"

(Chicken in red wine)

- | | |
|--|-------------------------------------|
| 1 Cut up frying chicken (3 lbs.) | 3 Ounces bacon (one piece) |
| 1 Can tomato paste | 1 Cup red wine (Bordeaux) |
| 1 Can mushrooms | 3 Tbsp. brandy |
| 2 or 3 Tbsp. flour | Pepper - salt - olive oil or butter |
| 1 Cup chopped onions (garlic optional) | |

Fry chicken parts in olive oil (or butter) with chopped onions (garlic) till brown. Sprinkle flour, add tomato paste. Pour Brandy and light with match. Put now everything together with red wine in casserole, let simmer for 2 hours. Let cool and stand till next day. Heat and add before serving 3 ounces bacon in small squares and mushrooms (cooked or canned). Serve with dry boiled rice.

Mrs. H. Wefers-Bettink

Hungarian Chicken Paprika

Sauté 2 chopped (med.) onions in 1 Tbsp. Crisco. Add 3 Tbsp. paprika. Add chicken (stewing chicken) cut into serving pieces. Add enough water to cover meat, add salt and simmer slowly (covered) until chicken is cooked. Make thickening with $\frac{1}{2}$ cup flour, adding just enough water to make a medium thick, smooth paste. Add to chicken, simmer slowly a few minutes. Add 1 pint sour cream. DO NOT BOIL, it will curdle.

Drop Noodles for Chicken Paprika

Beat together (with a spoon) 2 eggs, $\frac{3}{4}$ cup flour, pinch of salt, pinch of baking powder, adding enough water gradually to make a medium thick dough. Drop from tip of spoon into boiling salted water. Cook just a few minutes, then drain and rinse well. To reheat noodles, put butter or olive oil into a pan with the noodles and heat on a very low burner.

Betty Pakozdi

*There are such recipes that may be described
as having love as the main ingredient.*

Chicken in a Paper Sack

1 - Frying size chicken cut into serving pieces.

Make the following sauce:

3 Tbsp. tomato catsup

1 " lemon juice

4 " water

1 " brown sugar

2 " vinegar

2 " Worcestershire sauce

1 tsp. each of the following:

Salt, dry mustard, Chili powder,
and paprika

2 Tbsp. butter

$\frac{1}{2}$ tsp. red pepper

Mix all ingredients in sauce pan and heat until well blended. Dip each piece of chicken in the sauce and place in a paper sack that has been well greased inside. Pour the remaining sauce over the chicken in the sack. Place this sack in another sack and put in a roaster with a cover. Have the oven heated to 500° F. and set the roaster in for 15 minutes then reduce the heat to 350° F. and cook for 1 hour and 15 minutes or a little longer.

Greek Chicken

- | | |
|--|-------------------------------|
| 1 Roasting chicken 3—4 lbs.
(or 2 broilers) | 1 Cup chicken broth |
| Salt and pepper | 1 Can artichoke hearts |
| Flour | 1 Large fresh tomato, chopped |
| Butter | ½ Minced green pepper |
| 1 Can mushrooms (3 oz) | 1 Tbsp. chopped onion |
| | ¼ tsp. celery powder |

Cut chicken into serving pieces. Wipe dry. Season, flour, and fry in butter for about 15 min. Add mushrooms and sauté them for a couple of min. Then add the chicken broth, cover and simmer for another 15 min. or so. Now add the drained artichoke hearts, tomato, green pepper, onion, celery powder, salt and pepper. Simmer until tender. Thicken sauce a little and serve over the chicken. 4 servings.

Emily Fuller

*For food and drink
To Thee be praise;
Teach me by faith
To keep Thy ways.*

China Run Curry

- | | |
|--|-------------------------------|
| 2 Onions, minced | 1 Cup chicken or meat stock |
| 6 Stalks celery, thinly sliced | Salt to taste |
| 1 Green apple, peeled and thinly
sliced | 2 Eggs |
| 4 Tbsp. butter | ¼ Cup cream or milk |
| 4 tsp. curry powder (or more to
taste) | 1 Cup raw rice |
| 2 Cups diced, cooked, chicken,
beef or lamb (free from fat) | ½ Lb. salted, chopped peanuts |
| ¼ Cup seeded raisins | 2 Bananas, sliced |
| | 1 Bunch watercress |
| | Chutney or preserved ginger |

Sauteé onions, celery and apple in butter until transparent and tender. Blend in curry and cook a few minutes. Add meat, raisins, stock and salt; simmer very slowly about 20 minutes. When ready to serve beat eggs with cream, and add to curry. (If fresh coconut is available, milk of coconut may replace all or part of broth. Also add 2 Tbsp. grated coconut to mixture before final simmering.) Cook rice, and pack in ring mold. When serving unmold rice in center of platter. Fill center with curry. Top with peanuts. Surround with diced bananas and water cress. Serve chutney or ginger on side. Serves 4.

Elaine Collie

Peruvian Chicken

- | | | | |
|----|---|---|-----------------------------------|
| 1½ | Cups soft bread crumbs | 2 | Cups chicken broth |
| 2 | Cups milk | ¾ | tsp. salt |
| 1 | (4 lb.) chicken, disjointed | ⅛ | tsp. pepper |
| ¼ | Cup olive oil | ½ | tsp. rosemary |
| ⅓ | Clove garlic, chopped | 1 | 1½ oz. can grated Parmesan cheese |
| 2 | Tomatoes, peeled and quartered | 6 | Hard-cooked eggs, sliced |
| 1 | Tbsp. finely minced canned red pepper (or bottled to taste) | | Ripe olives to taste, optional |

Soften bread crumbs in milk. Brown chicken in olive oil. Remove chicken and sauté onion and garlic until lightly browned. Add tomato, minced red pepper, bread and milk mixture, chicken broth, salt, pepper and rosemary. Bring to a boil, add chicken; simmer over low heat for one hour. Sprinkle with cheese. If desired sliced eggs and olives and rice may be served with it.

Esther Monroe

Nasi-goreng

- | | | | |
|---|---|---|-------------------------------------|
| ½ | Kilo rice | 1 | tsp. ketumbar |
| 1 | Medium onion, diced | ½ | tsp. djienten rout |
| 2 | Small garlic cloves, diced | 1 | Small pkg. shrimp, cooked and diced |
| 1 | "Knife-point" trasi (optional) | 2 | Eggs |
| 2 | tsp. sambal-oelek | 1 | Cucumber |
| 3 | Tbsp. oil or 2 oz. butter | | |
| ½ | Pound chicken, pork loin or ham, cooked and diced | | |

Cook the rice, drain, cool, and separate with a fork if necessary. Sauté onion, garlic, trasi, and sambal in the oil or butter. When onion turns light brown, remove from the pan. Fry the diced chicken or meat in the same oil for about 5 minutes, then add ketumbar, djienten, salt, sautéed onions and the rice. Keep stirring while cooking it another 5 minutes. Add shrimp, continue stirring and cook for another 5 minutes. Use a low heat. With the 2 eggs, make an omelette, roll it up, and slice in thin strips. When serving, arrange the nasi-goreng on a large platter with the strips of omelette over it, in a pattern. Clean and cut the cucumber in long slices, and serve along with the nasi-goreng. It is also nice to fry plantain and serve it along with the nasi-goreng. Serves 4 people.

Mrs. H. Tielen

Rice Milanese & Chicken Livers

- | | |
|---------------------------|---------------------------------|
| ¼ Cup margarine or butter | ½ Cup cooking wine or sherry |
| 1 Med. onion chopped fine | 1 Box chicken liver |
| 1 Cup raw rice | 3 Tbsp. Parmesan cheese, grated |
| 2 Cups chicken broth | 1 tsp. salt |

Melt margarine or butter in a large, heavy saucepan which has a tight fitting cover. Add finely chopped onion, and brown. Stir in the raw rice, and cook until lightly browned, stirring and moving rice so it will not stick. When rice is browned add the chicken broth, cooking wine, and salt. When above mixture has come to a boil, cover pan and reduce heat to minimum. Allow it to simmer 30 minutes without stirring. Do not lift cover as rice must steam. Turn off burner, but do not remove the pan. In 30 minutes all of the liquid in the pan should be absorbed and the rice cooked. Clean and cup up into small pieces, one box of chicken livers. Fry these in a pan with a small amount of butter until cooked. Add the cooked chicken liver and 3 tbsp. Parmesan cheese to the rice mixture and stir well. Yields 3-4 cups of rice. Serve with salad and garlic bread.

Rickie & Stan Schoenfeld

*No diet is sufficient for the well being of the soul that
does not contain at least*

*I portion of daily prayer
I of meditation on God's Word,
I of praise to Him, and
I of service to men.*

Curry in a Hurry

- | | |
|--------------------------------|--------------------------------|
| 1 Med. sized onion | 2 or 3 Tbsp. curry powder |
| 1 Good sized cooking apple | Shrimps or cooked meat such as |
| 1 Can Campbell's mushroom soup | chicken or beef |

Method: Cup up onion and apple, sauté in a little fat.

Dilute 1 can of mushroom soup with half a can of water.

Add 2 or 3 Tbsp. curry powder. Mix well until they blend together. Pour on fried onion and apple and stir.

Add shrimp or chopped up meat, and simmer gently.

Serve with fluffy rice, mango chutney, raisins, relish.

Zena Saunders

Fried Rice

2 pkg. chicken breast
2 Lb. pork loin
4 Large onions
3 Cloves garlic

3 Tbsp. ketoembar
2 Tbsp. sereh
2 tsp. laos
1 tsp. koenjit

Fry chicken, bone, and cut in small pieces. Bake pork loin in oven after rubbing it with salt, pepper, 1 Tbsp. curry powder and 1 Tbsp. ginger. Cut in small pieces. In a Dutch oven fry the finely chopped onions and minced garlic in 6 Tbsp. bacon drippings until golden brown. Add spices and meat. Gradually add 6 cups cooked rice. Stirring constantly. Serve on large platter topped with finely cut egg omelette.

Rie V. Montfrans

Orange-Glazed Chicken

Allow 2 pieces chicken per person. Make the orange sauce the day before and keep it refrigerated. Sauté 1 cup of canned mushrooms, sliced, and 6 yellow onions, sliced, in $\frac{1}{4}$ cup olive oil until tender. Season with 1 tsp. salt; pepper to taste; 2 cloves garlic, crushed; 2 bay leaves, crushed; 1 tsp. each oregano and powdered savory; $\frac{1}{2}$ tsp. basil and $\frac{1}{4}$ tsp. nutmeg. Add 2 cups orange juice and simmer for 5 minutes. The morning of the party, shake $1\frac{1}{2}$ cups flour with 1 tsp. each oregano, basil and powdered savory, add $\frac{1}{2}$ tsp. each nutmeg and powdered rosemary in a paper bag. Salt and pepper chicken, then shake in herbed flour. Brown well in $\frac{1}{4}$ cup olive oil, adding more oil as needed. To make casserole, make beds of pecan pilaf in each of 2 or 3 large shallow casseroles. Spoon $\frac{1}{2}$ of sautéed mushrooms and onions into each and mix lightly. Lay browned chicken pieces on rice and pour remaining orange-juice mixture over all. Cover casseroles with aluminium foil and refrigerate. About 1 to $1\frac{1}{2}$ hours before dinner place in 300° F. oven. Makes about 10 to 12 servings.

Pecan Pilaf

Cook 4 cups long-grain rice according to package directions. Coarsely chop $1\frac{1}{2}$ cups pecan meats and mix lightly into the cooked rice.

Florene Kallaus

Chicken Divan

Cover 1-5 to 6 lb. roasting chicken with water. Season with salt, pepper, celery leaves and small bay leaf. Simmer 2 hours or until tender.

Sauce

- | | |
|-----------------------------|------------------------------|
| 2 Cans cream of celery soup | 1/2 Cup sherry |
| 1/2 tsp. grated nutmeg | 1 Tbsp. Worchesterhire sauce |

Heat the above and when cool add 1/2 cup Hellman's mayonnaise and 1/2 cup whipped cream.

Cook 2 pkgs. frozen brocolli in the usual way. Drain well. Put in casserole - layer of brocolli, layer of sliced chicken.

Sprinkle with grated Parmesan cheese, then sauce, etc. finishing with grated cheese. Broil until brown.

Peggy Orr

Chicken Cacciatore

- | | |
|--|---------------------------|
| 1 Chicken (3 lbs.) cut into serving pieces | 1 Clove of garlic, minced |
| 1/3 Cup olive oil | 2 Small bay leaves |
| 1 Small onion, minced | 1/4 tsp. rosemary |
| 1 Tbsp. chopped parsley | 3/4 Cup dry white wine |
| 1 Tbsp. chopped celery | 2 Tbsp. wine vinegar |
| | Salt and pepper |

Place oil, onion, parsley and celery in skillet. Sauté until onion is golden. Add chicken, sprinkle with salt and pepper, and brown on all sides. Add bay leaves, rosemary, wine and vinegar. Cover and simmer for 35 to 45 minutes. Add a little water if necessary. Serves 2-4.

M. J. Pettorino

Chicken Paprikash

- | | |
|---------------------------|-----------------|
| 1 pkg. chicken drumsticks | 1 Tbsp. paprika |
| 1 pkg. chicken thighs | 1 Tbsp. salt |
| 3 Chopped onions | 2 Tbsp. crisco |
| 4 Potatoes (cubed) | 1 Cup water |

Fry onions until slightly brown. Remove pan from stove, stir in paprika, salt, chicken and water. Put back on element and cook for 15 min. Add potatoes and cook until done (about 25 more min.). Dumplings or noodles are cooked separately. Cucumber salad compliments this dish.

Chris Crawley

Chicken a la Marengo

Flour the pieces of chicken, and cook them lightly in oil. When they are slightly colored, add a large, chopped onion. When the onion is browned, add a glass of white wine, and leave to reduce to half. Then add $\frac{1}{2}$ pint of tomato juice, salt, pepper, garlic and herbs. Cover, and cook for 20 minutes. NOW, add raw mushrooms that have been thoroughly cleaned. Cook for 10 minutes longer. Remove the fat from the sauce. ARRANGE the chicken on a dish. Cover with the sauce. GARNISH with fried eggs, fried croutons, and, trussed crayfish cooked in fish stock. Sprinkle with chopped parsley. The crayfish may be omitted, but are really classic in this recipe.

Paulette Wolff

*Slow me down, Lord, I's goin' too fast,
I cannot see my brother when he's walkin' past.
I miss a lot o' good things day by day,
I don't know a blessin' when it comes my way.*

Old Spiritual

Chicken Curry

- | | |
|---|------------------------------------|
| 2 Pounds ready-to-cook chicken
(whole chicken or legs and wings) | 2 Tbsp. curry powder (or to taste) |
| $\frac{1}{4}$ Cup shortening | 2 Cups coconut milk |
| $\frac{1}{4}$ Cup chopped onion | $1\frac{1}{4}$ tsp. salt |
| 1 Clove garlic, sliced | 1 Tbsp. lime or lemon juice |

Wash chicken. (Cut into serving-size pieces if whole chicken is used). Wipe dry and set aside. Heat shortening in heavy skillet. Add onion and garlic. Cook just until onions are limp. Remove onions and garlic from fat and set aside. Blend curry powder into hot fat. Cook over low heat 2 to 3 minutes. Add chicken. Brown on all sides. Add coconut milk and cooked onions and garlic. Simmer gently, uncovered, until gravy begins to thicken and chicken is tender, about 25 minutes. Stir in salt. Add lime or lemon juice just before serving. Serve with hot cooked rice and curry accompaniments such as chutney, chopped green onions, salted nuts. Makes four servings. Coconut milk: Heat to the boiling point 2 cups grated fresh coconut with 2 cups water. Cool. Strain through cheese cloth, squeezing out the milk. Makes 2 cups.

Lilian MacKenzie-Graham

Chicken with Pineapple

- | | |
|---------------------------------------|----------------------------|
| 2 Frying chickens (3 to 3½ lbs. each) | 1 Can (1 lb.) bean sprouts |
| ½ Cup flour | 2 Green peppers |
| 2 tsp. salt | 1 Tbsp. flour |
| ¼ tsp. pepper | 1 Tbsp. prepared mustard |
| ½ Cup shortening | 1 tsp. soy sauce |
| 1 Can (1 lb. 4 oz.) pineapple chunks | 1 tsp. salt |

Cut chicken in pieces and coat with a mixture of flour, salt and pepper. Melt shortening in a large skillet, add chickens and cook over a medium heat until tender - Transfer chickens to a bowl. Drain both pineapple and beans sprouts, but save the liquids. Cut green peppers into chunks. Now stir the tablespoon of flour into the fat in which the chickens were fried. Pour in pineapple syrup and bean sprout liquid. Cook, stirring constantly, until sauce bubbles. Dump in chickens, pineapple, bean sprouts, green peppers and all seasonings. Cover and heat through. Serves 6.

Mrs. R. A. Richardson

Chicken Dinner

Fry cut up chicken lightly. Parboil quartered potatoes in salted water with one small chopped onion - about 10 minutes. Arrange drained potatoes and chicken in casserole or pan, sprinkle with pepper, salt, basil and a little more minced onion. Add ½ cup of potato water. Cover and bake 1½ hours. During the last 15 minutes, add a can of drained peas.

Lillian Mawby

Arroz Con Pollo

- | | |
|-------------------------|----------------------------|
| ½ Cup oil | 1 Bay leaf |
| 2 Pounds chicken | 1 Tbsp. salt |
| 1 Onion, chopped | Pinch of saffron |
| 2 Cloves garlic, minced | 1 Cup raw rice |
| 1 Green pepper, chopped | 1 Small can green peas |
| ¾ Cup tomatoes | 2 Pimientos, cut in strips |
| 3 Cups water | |

Heat oil in heavy pan, add chicken and brown well. Add onion, garlic and green pepper; cook 5 minutes. Add tomatoes and water; cook 5 minutes. Stir in bay leaf, salt, saffron and rice; cover and bake 20 minutes at 350° or until chicken is tender. Garnish with peas and pimiento. Makes four servings.

Anne Porritt

Chicken and Sweet Potatoes in Cream

- 4 Chicken breasts
- 1 Cup cream
- 2 Tbsp. honey
- $\frac{1}{2}$ tsp. salt
- $\frac{1}{2}$ tsp. ground nutmeg

- $\frac{1}{4}$ tsp. ground allspice
- $\frac{1}{8}$ tsp. ground cloves
- 2 Tbsp. butter
- 1 1 Pound 2 oz. can sweet potatoes

Rinse Chicken breasts with cold water, dry and arrange skin side up in a shallow baking dish. Mix together cream, honey, salt and spices. Pour over chicken; dot with butter. Bake at 350° for 30 minutes, basting with cream mixture. Remove from oven and arrange sweet potatoes around chicken. Spoon sauce over potatoes; return to oven and bake 30 minutes longer, or until chicken is tender. You can substitute canned boned chicken and bake 30 minutes with potatoes.

Helen Dodge

*It isn't far to Bethlehem town;
It's anywhere that Christ comes down
And finds in people's friendly faces
A welcome and abiding place.*

Veal Parmigiana

Sauteé in hot oil till golden:

- 3 Finely minced cloves garlic
- 3 Tbsp. olive oil
- 1 Finely minced onion

Add to above. Simmer uncovered 10 min.

- 1 No. 2 can tomatoes ($2\frac{1}{2}$ cup)
- $\frac{1}{4}$ Tbsp. pepper
- $\frac{1}{4}$ Tbsp. salt

Add, simmer 20 min.:

- 1 8 oz. can tomato sauce
- $\frac{1}{4}$ Tbsp. oregano
- 1 Lb. veal cutlet thin (about 8 slices $4\frac{1}{2}$ " x 2")
- $\frac{1}{4}$ Cup fine crumbs
- 1 Egg (beaten)
- $\frac{1}{4}$ Cup Parmesan cheese
- 3 Tbsp. oil

Combine crumbs & cheese. Dip veal in egg & then crumbs. Sauté 3 pieces at a time in 1 T. oil. Brown on both sides. Put in baking dish 12 x 8 x 2.

Arrange $\frac{1}{2}$ lb. mozzarella over top. Pour $\frac{2}{3}$ tomato sauce over all. Sprinkle with $\frac{1}{4}$ c. parmesan cheese. Pour on rest of sauce. Bake 350° F. 30 min. (4 servings).

Leah Murray

Broiled Veal Rolls

- | | |
|---|------------------------------|
| 1½ Lbs. veal rump (or cutlet) | 3 Tbsp. grated Romano cheese |
| 4 ozs. Italian ham (or plain
canned ham) | 1 Large onion, sliced |
| 1 Tbsp. chopped parsley | Pinch of rosemary |
| 1 Clove garlic | 1 Cup bread crumbs |
| Salt and pepper to taste | 3 Tbsp. olive oil |

Have veal sliced very thin, and cut into 3-inch squares. Chop ham and garlic; mix thoroughly with Romano cheese, parsley, salt and pepper. Place 1 teaspoon of mixture in center of each veal square; roll carefully; tie with string or fasten with toothpicks. Dip each roll in bread crumbs. Alternate rolls and onion slices on skewers. Brush with olive oil, sprinkle with rosemary. Broil about 5 minutes on both sides or until veal is tender and brown. Serves 4-6.

Mrs. Malcolm E. Soderston

Veal Supreme

- | | |
|---------------------------------|--|
| 1 Lb. thinly sliced veal cutlet | 1 Can undiluted cream of chicken
soup |
| Green pepper rings | ¼ Cup white wine |
| Onion rings | |

Dip veal in lightly seasoned flour. Sauté veal in butter, adding onion and green pepper rings for last few minutes. Stir in soup and wine. Cook covered until veal is tender. Makes 4 servings.

Sally Allen

Veal Continental

- | | |
|--|--------------------------|
| 1 Lb. thinly sliced veal cutlet | ½ Can condensed bouillon |
| 4 Tbsp. grated Parmesan cheese | ½ Cup water |
| 2 Tbsp. salad oil | ½ tsp. salt |
| 1 Clove garlic, peeled and split in
two | Dash pepper |
- Liberal pinch marjoram

Sprinkle veal with 2 Tbsp. grated cheese; pound cheese into veal. Turn veal, and repeat with remaining cheese. Heat salad oil in skillet; brown veal quickly on both sides. Add garlic, thyme, marjoram, bouillon, water, salt and pepper. Cover and simmer about 30 minutes. (If gravy has any fat floating on top, gently float several thicknesses of paper toweling on top, blotter fashion. It will soak up fat, leaving rich, brown gravy.)

Phyllis Boyack

Meat and Fish

Croquettes

Fry: 1 cut up onion in 1½ oz. butter
Add: 5 Tbsp. flour
Stir in: ½ cup bouillon or gravy thinned with water,
until sauce boils and has no lumps
Soften: 2 envelopes Knox gelatin
Mix: with sauce
Add: 1 egg yolk, pepper, nutmeg and salt
Cut in small pieces: ¾ pound of left over veal

Mix sauce and meat. Spread the mixture on a wet plate, cool and shape into croquettes. Roll the croquettes through bread crumbs, through slightly beaten egg white, and once more through the crumbs. Be sure there are no cracks in the surface. Brown the croquettes in hot oil or Crisco.

*"We never know how high we are
Till we are called to rise;
And then, if we are true to plan,
Our statures touch the skies."*

Emily Dickinson

Veal Roast

3 lbs. of veal. Cup up 2 cloves of garlic and one large onion. Brown with roast on all sides. Put in oven on 350-375° for about 2½ hours and do not cover. Baste roast from time to time with sauce below. Keep sauce warm and baste until all is used.

Sauce:

¼ Cup Worchester sauce	¼ tsp. nutmeg
2 Tbsp. vinegar	½ Cup boiling water
2 Bay leaves	¼ tsp. cinnamon
1 tsp. thyme or poultry seasoning	2 Tbsp. mustard
Salt	½ Stick of butter
½ tsp. cloves	

Thicken sauce to use for gravy when serving.

*Jeannie Ehret
(submitted by Jane Humphreys)*

Veal Tongue with Mushrooms

- | | |
|-----------------------------------|---------------------------------|
| 1 Veal tongue | 3½ oz. flour |
| Seasonings: parsley, onion, mace, | ½ lb. mushrooms |
| bay leaf, thyme, pepper, salt, | 2 Sour gherkins, finely chopped |
| 2 tsp. mustard | 1 Lemon (for juice) |
| 3 oz. butter | 1 Tbsp. cooking cream |

Serve with mashed potatoes and french beans.

Rub the tongue with salt, and place it in a pan with plenty of cold water. Bring it to a boil, then throw the water away. Take new water, add the tongue, plus seasonings, and cook for about 1½ hours. It is done when the throat bones are loose and the skin peels off easily.

To the cleaned and cut mushrooms add ½ pint of water from the tongue, plus ½ pint tap water. Melt the butter in a pan, add flour, and stir until you have a soft mass, then gradually add the water and the mushrooms. Stir well and let it cook for 5 minutes. Finish this sauce with the cooking cream and lemon juice. At the last moment, add the finely chopped sour gherkins; do not cook.

Take the tongue out of the water, peel off the skin, and cut into thick slices. Serve on a heated platter, and pour sauce over it. Serve the mashed potatoes and the beans on the same platter or separately.

Mieke Beerman-Paul

*Some of our ills need
Prayer more than pills
Aspiration more than aspirin
Meditation more than medication.*

Veal Steak

- | | |
|----------------------|-----------------|
| ¾ Kilo veal steak | Salt and pepper |
| 3 oz. butter or lard | ½ lemon |

Brown the butter. Prepare the meat with salt and pepper, then brown on both sides. Add a small amount of water; slice lemon and place on top; simmer on a low fire for about 2 hours.

Mrs. N. P. Schindeler

Meat and Fish

Herb-Baked Pork Chops

2 Cups Herb-Bread stuffing (dry)
1 Egg

6 Pork chops
(salt lightly)

Crush bread stuffing with rolling pin until fine. Dip pork chops in egg, and coat well with bread crumbs. Bake at 400 degrees for 45 minutes.

Mrs. H. McMillin

Sweet and Sour Pork

1 Lb. lean pork, cubed
1 Egg
1 Cup flour
 $\frac{1}{8}$ tsp. accent
 $1\frac{1}{4}$ Cups salad oil
1 tsp. sugar
1 tsp. Worcestershire sauce
 $\frac{1}{4}$ Cup catsup

2 Tbsp. vinegar
1 Tbsp. onion flakes
2 Tbsp. water
1 Tbsp. cornstarch
 $\frac{1}{4}$ tsp. salt
1 Medium green pepper, cubed
1 13 oz. can pineapple chunks and juice ($\frac{1}{2}$ cup)

Dip pork chunks into beaten egg, then shake in sack containing flour and accent. Brown meat in salad oil, then remove from pan. Remove all but 2 Tbsp. oil from the pan. To remaining oil add sugar, worcestershire sauce, catsup, vinegar, onion flakes and pineapple juice. Simmer 5 minutes. Add cornstarch which has been mixed with water; simmer until thickened. Add green pepper chunks, pineapple, pork, and simmer 5 minutes more. Serve with rice.

Mrs. B. Vigneault

Sweet and Sour Cabbage and Spareribs

1 side of spareribs cut in individual pieces. Cook spareribs in water, not quite to cover. When almost done, add 1 good-sized cabbage (cut not quite as small as for coleslaw) and 1 large, chopped onion. Cook until done. Add $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ cup vinegar, $\frac{1}{2}$ tsp. caraway seeds and salt to taste. Serve with bread dumplings.

Bread Dumplings

2 cups sifted flour, pinch of salt, 4 slices of bread, diced. To the above add 1 egg, and enough water to make dough mixable. Flour hands and make medium size balls. Cook in boiling water, covered for 20-25 minutes, or until fork comes out clean. Slice about $\frac{1}{2}$ inch thick.

Mrs. Ruby Pistek

Sweet and Pungent Pork

- | | |
|--|--------------------------------|
| 1 Pound pork shoulder, cut in cubes | $\frac{1}{2}$ Cup vinegar |
| Oil for deep frying | $\frac{1}{4}$ Cup brown sugar |
| 1 Cup canned pineapple cubes | 1 Cup water |
| 1 Green pepper, cut diagonally in about 1-inch wide pieces | 1 Tbsp. molasses |
| | 1 Tomato, cut in 4 to 6 pieces |
| | 2 Tbsp. cornstarch |
| Batter: | |
| 1 Egg | $\frac{1}{2}$ tsp. salt |
| $\frac{1}{2}$ Cup flour | 3 or 4 Tbsp. water |

Beat the egg; mix flour, salt, and water with it to form a thin batter. Pour over pork, mix to coat the pieces, then fry them, piece by piece, in deep, hot oil till browned. Drain.

Mix pineapple, green pepper, vinegar, sugar, $\frac{3}{4}$ cup water, and molasses. Stir until it boils; add tomato. Mix cornstarch with remaining $\frac{1}{4}$ cup water and stir into the sauce. Cook till thickened. Add pork, stir to mix well, and serve at once. 4 servings.

Mrs. A. A. Henriksen

*Good cooking includes a recipe and also:
a little sweet, a little sour, a little soul!*

Chinese Pork with Vegetables

- | | |
|------------------------------------|---------------------------------------|
| 1 Lb. lean pork shoulder | 2 Cups green beans, sliced diagonally |
| 2 Tbsp. salad oil or melted fat | 2 Cups celery, sliced diagonally |
| 1 Chicken boiling water | $\frac{1}{2}$ Cup cold water |
| 1 $\frac{1}{2}$ Cups boiling water | 2 Tbsp. cornstarch |
| 1 tsp. salt | 1 Tbsp. soy sauce |
| 2 Carrots, sliced thin | 3 to 4 cups hot, cooked, rice |

Cut pork into thin strips 2-3 inches long; add to salad oil in large kettle or dutch oven. Cook slowly until lightly browned, stirring occasionally; takes about 10 minutes. Dissolve bouillon cube in boiling water, add to pork with salt, carrots, and green beans. Mix well and cover. Bring to a boil, reduce heat, simmer 5 minutes. Add celery, cover and cook 10 minutes longer. Combine water, cornstarch and soy sauce, stir until smooth; add to pork and vegetables. Continue cooking for 2 minutes, stirring constantly. Serve at once with hot, cooked rice and additional soy sauce. Makes 4 generous servings.

Mrs. Charles Berrisford

Meat and Fish

Smithfield or Country Cured Ham

Soak ham overnight in water to cover. If the ham is 15 lbs. or less, soak it for 12 hours. If ham is over 15 lbs., soak for 24 hours. After the ham has soaked, drain and scrub with a stiff brush. It's quite ashy-looking, but that's the way it's supposed to look. Put on to cook in fresh cold water. Simmer the ham, almost covered with water, in a covered pot for 25 minutes per pound. DO NOT LET WATER BOIL, (simmering brings the salt out and boiling drives it in). About halfway through the cooking time, turn the ham in the pot. The ham will be done when the bone comes loose. Let ham cool in the water in which it was cooked. Remove the outside skin carefully, leaving a thin layer of fat. Cover the ham with a mixture of brown sugar and flour. A 15 lb. ham will use 6 Tbsp. of sugar and 1 Tbsp. flour. Stick in about 24 whole cloves. Bake ham in hot oven, 400 F. for 20 minutes or until just brown. Baste and bake for another 5 min. to glaze. Cool. Slice ham very thin, beginning about 4" from the hock or small end.

Emily Fuller

*Thank God for dirty dishes;
They have a tale to tell.
While others are going hungry,
We're eating very well.
With home and health and happiness,
I shouldn't want to fuss;
For by this stack of evidence,
God's very good to us.*

Country Ham with Red Gravy

4 slices Smithfield or country-
cured ham - $\frac{1}{2}$ inch thick 1½ Cups of boiling water

Soak ham slices at least 6 hours. Dry on paper toweling. Remove hard, black rind. Put slices into ungreased heavy skillet at fairly high heat. Fry each side 5-7 minutes, to a good brown, but don't burn. Remove slices to platter, pour off all but about 3 Tbsp. fat, set pan back on heat so that all is smoking hot. Add water. Let boil up and be sure to scrape all "fry" from the bottom so that it gets into the gravy. Pour over the ham slices and serve with hominy grits.

Emily Fuller

Glazed Spareribs

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|------------------|---------------------------------|
| 1 Rack spareribs | 1/2 Cup apple-mint jelly |
| 1 tsp. salt | 2 tsp. lemon juice |
| Dash pepper | 1 1/2 tsp. Worcestershire sauce |
| Dash "Accent" | 1 tsp. dry mustard |

Sprinkle ribs with salt, pepper and accent. Melt apple-mint jelly in sauce pan over low heat, stir in lemon juice, Worcestershire sauce and mustard.

Brush or spoon sauce on ribs, and grill or broil about 15 minutes. Turn, brush second side, and cook the same length of time, brushing frequently with sauce for a good brown crust. Serves 4.

Carol Williams

Ham Divan

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|--|---|
| 2 pkg. frozen brocolli spears,
cooked | Dash pepper |
| 6 Large slices cooked ham | 3/4 Cup grated process American
cheese |
| 1 1/2 Tbsp. butter | 3/4 Cup Pepperidge farm stuffing |
| 1 1/2 Tbsp. flour | 4 Tbsp. water |
| 1 Cup milk | |

In 12"x8"x2" baking dish, place cooked brocolli with stems pointing to center. Arrange ham slices over brocolli stems. In saucepan, over low heat, melt butter, stir in flour, then milk. Cook, stirring until thickened. Add salt, pepper and cheese, stirring until cheese melts. Pour this sauce over ham. Lightly toss together stuffing and water; sprinkle stuffing over cheese sauce. Bake at 375° F. 20 to 30 minutes; or until stuffing is browned. Makes 6 servings.

Lucille Lambert

Veal & Ham Pie

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|--------------------|-----------------|
| 1 1/2 Lbs. veal | 1 Can consomme |
| 1 Lb. smoked ham | 2 Tbsp. gelatin |
| 4 Hard boiled eggs | Rich pastry |

Cut meat into small cubes & brown in fat from ham. And a little water & simmer until tender. Line bread pan with pastry & fill with alternate layers of meat & sliced eggs. Soak gelatin in 1/4 cup water and dissolve in hot consomme. Add half of this to pie and cover with top crust. Bake until brown in moderate oven. Add remaining consomme and gelatin and refrigerate until jellied. Turn out on platter & slice.

Ruth Cvejanovich

Meat and Fish

Pork Chops and Rice Creole Style

- 8 Pork chops
- 1½ Cups rice
- 1 pkg. cut okra
- 1 Large onion

- 1 Large can tomatoes
- 2 Stalks of celery
- 3 Tbsp. soy sauce
- 1 Clove of garlic

Salt and pepper pork chops, brown and remove from skillet. Sauté onion, garlic, celery and okra, then add tomatoes, salt and pepper to taste. Simmer 20 minutes, then add rice which has been pre-cooked for 15 minutes. Mix thoroughly and add soy sauce. Add pork chops to top of rice, cover, and bake in oven for 20 minutes at 375 degrees.

Mrs. Doris Banner

A Danish West Indian Dish

- 2 Lbs. lean pork, in 1 inch cubes
- 2 Tbsp. butter
- 2 Onions, chopped

- 1 Tbsp. curry powder
- 2 Cups water
- Salt and pepper

Dredge the pork cubes in seasoned flour and brown in a skillet with the butter. Add the chopped onion and pepper and let simmer 5 minutes.

Add the water, salt and curry and let simmer under cover for about 1½ hours. (Meat will absorb most of liquid).

To serve: Form a ring of fluffy mashed potatoes on a warm platter with the meat in the center.

Mrs. Warren T. Michael

Saucy Baked Pork Chops

- 6 Pork chops, ½ to ¾ inch thick
- 1 Can condensed cream of chicken soup

- 1 Medium onion, sliced
- 3 Tbsp. catsup
- 2 tsp. Worcestershire sauce

Trim fat from chops and heat the fat in skillet; when you have about 2 Tbsp. melted fat, remove trimmings. Brown chops in hot fat; season with salt and pepper. Drain off excess fat. Combine remaining ingredients; pour over chops. Cover; bake in moderate oven (350°) 45 to 60 minutes or till chops are done. Makes 6 servings.

Mrs. J. Eeltink



Photo by Iety Couzy

Snails in Shells

Sauce for 50 snails

Mix:

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|------------------------------------|---|
| 5 oz. butter, melted | 1 tsp. salt |
| 3 to 4 tbsp. parsley, chopped fine | Dash of pepper |
| 1 to 2 tsp. garlic, minced | $\frac{1}{2}$ tsp. oregano or sweet herbs |
| 1-2 tsp. green onions, minced | $\frac{1}{4}$ tsp. nutmeg (optional) |

To prepare snails:

If canned, rinse in cold water.

If fresh, remove from shells. Thoroughly wash shells. Simmer snails gently just until done. Soft but firm enough to hold shape. Put snails into shells. Arrange in baking dish. Pour mixture over and into each shell. Bake in a 375 degree oven until mixture bubbles (15-20 minutes).

Eileen Turner

*A man likes his wife to be just clever enough to comprehend
his cleverness and just stupid enough to admire it!*

Bahmie Goreng

For 4 persons.

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|--------------------------------|---|
| $\frac{1}{2}$ pkg. Mie noodles | The center part of 1 celery |
| 1 Medium sized onion (diced) | $\frac{1}{2}$ or 1 medium sized white cabbage |
| 2 Parts of garlic (diced) | 8 Leeks |
| 2 oz. butter or 3 tbsp. oil | Ketjap |
| 1 Pound pork loin | Sambal oelek |
| 2 Small pkgs. shrimp | 1 Lemon |
| $\frac{1}{2}$ tsp. ginger | 2 Eggs |

Cook the Mie-noodles in plenty water for about 8-10 minutes. After they have been boiling 2 minutes, separate noodles with 2 forks. When noodles are done throw them in a strainer and rinse with cold water. Leave them to drain.

Sauté the onion and garlic in the butter or oil, as soon as they are brown take them out. Put the diced pork loin and the ginger in the butter. As soon as the meat is brown add the clean and diced vegetables and fry everything for about 15 minutes more. Then while stirring add the drained Mie-noodles and the shrimp. Make 1 omelette with the 2 eggs; roll it up and slice it in thin strips. Put the bahmie on a big platter. Put the strips of egg on top. Serve with Ketjap, Lemon in parts, Sambal.

Annie Rebel

Meat and Fish

Crab Croquettes

Make 1 cup thick cream sauce mixing 3 Tbsp. butter or margarine, 3 Tbsp. flour, 1 cup of milk, season with 1 tsp. salt, $\frac{1}{8}$ tsp. pepper, $\frac{3}{4}$ tsp. dry mustard, $\frac{1}{4}$ tsp. Worcestershire sauce and 1 Tbsp. finely minced onion. Take 2 cups canned or fresh cooked crabmeat, cleaned for stray bits of shell. Add crabmeat to sauce and mix well. Chill thoroughly. Shape in 48 small balls. Roll in fine cracker crumbs, then in lightly beaten egg and again in fine crumbs. You'll need 2 eggs and 1 cup crumbs. Fry a few at a time in deep fat at 375° F. until golden brown. Serve hot.

Mrs. A. A. Henriksen

New Orleans Shrimp and Spaghetti

Serves 4 to 6. A big electric skillet will hold 1½ times this recipe.

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|-------------------------------------|--|
| $\frac{1}{2}$ Cup salad oil | 1 Tbsp. lemon juice |
| $\frac{1}{2}$ Cup chopped scallions | $\frac{1}{2}$ Cup sliced ripe olives |
| 2 Lbs. cooked, cleaned shrimp | $\frac{1}{2}$ Lb. thin spaghetti, cooked |
| 2 tsp. grated lemon peel | |
| Salt and pepper | |

Heat salad oil in skillet, using medium heat; add scallions; cook about 5 mins. Add shrimp, lemon peel, salt, pepper. Cook until heated through. Stir in lemon juice. Add olives and spaghetti; mix well. Set heat for serving temperature.

Fran Allard

Shrimp Pilau

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|-------------------------------|-------------------------|
| 2 Cups rice | 2 Large onions, chopped |
| 1½ Pounds shrimp | Salt and pepper |
| $\frac{1}{2}$ Pound salt pork | |

Cook rice, making sure it is rather dry and not mushy. Clean shrimp before cooking. Boil in salted water until done, 3 to 5 minutes. Meanwhile, dice pork and fry until crisp. Remove salt pork from skillet. Add onions to drippings and cook until tender but not browned.

Combine onion mixture, shrimp and rice. Toss gently to mix, adding enough shrimp broth, chicken broth or hot water to moisten well, about 3 cups. Add salt pork bits and toss gently. Add salt and pepper, if needed. Makes 6 servings.

Lilian MacKenzie-Graham

Aruba "Pastechis"

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|-------------------------|-------------------------------|
| ¼ Cup chopped onions | 1 tsp. salt |
| 2 Chopped garlic cloves | 1 Cup cooked shrimp |
| 2 Tbsp. butter | Enough dough for 2 pie-crusts |
| ½ tsp. pepper | Frying oil |

Sauté the onions and the garlic in the butter until golden brown. Add pepper and salt. Cut the shrimps into small pieces and add to the onions. Stir and cool. Divide the dough in two equal parts. Roll each part of the dough ⅛" thick and cut into 7 to 8 equal pieces. Divide the shrimp-filling in two and spread over the 7 pieces of dough. Wet the edges of the dough, fold over and stick together. Do the same with the other part of dough and shrimp. Fry the pastechi about three minutes in the oil (hot) until golden brown. Let them drip and they are ready to serve.

F. Schendstok

Shrimp Creole

Chop and sauté in 4 Tbsp. bacon drippings:

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|---------------------------|----------------------------|
| 2 Medium onions | 3 Stalks celery |
| 1 Bell pepper | |
| Add: | |
| 3 Cloves garlic | Dash of Worcestershire |
| 1 Medium can tomatoes | 1 Tbsp. horseradish |
| Dash of tobasco | Salt and pepper |
| Scant Tbsp. Chili powder | Dash of catsup or allspice |
| (mix with a little water) | Can of tomato sauce |

Simmer over low heat at least 1 hour. Just before serving add shrimp. Serve over rice.

Deana Garison

Shrimp Creole

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|----------------------------|----------------------------|
| 1 Cup sliced peeled onions | ½ Cup diced celery |
| 1 Minced clove garlic | 3 Tbsp. crisco |
| 1 Tbsp. flour | 1 tsp. salt |
| 1 Tbsp. granulated sugar | 1 Tbsp. Chili powder |
| 1 Cup water | 2 Cups peas (I use frozen) |
| 2 Cups canned tomatoes | 2 Cups cooked shrimp |
| 1 Tbsp. vinegar | |

Cook onions, celery & garlic in oil. Add flour, salt sugar & chili powder which has been mixed with ¼ c. water. Add remaining water & simmer uncovered, 15 min. Add tomatoes, peas, vinegar & shrimp. Heat all thoroughly. Serve with rice. Serves 6.

Mrs. Carroll F. Bond

Meat and Fish

Lobster Newburg

This is not a true Newburg so perhaps it should be called Lobster Newburg with cheese (or au gratin). Dark Coon cheese is best, but Gouda may be used.

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|----------------------------|---------------------------------|
| 4 Tbsp. butter | 1 Tbsp. Worcestershire sauce |
| 4 Tbsp. flour | $\frac{1}{4}$ Cup sherry |
| 1 tsp. salt | $\frac{1}{4}$ Lb. grated cheese |
| 1 tsp. sugar | Paprika |
| 1 Pint cream | Spot of cayenne |
| $\frac{1}{2}$ tsp. tabasco | Meat from 4 lb. lobster |

Make white sauce of first 5 ingredients (evaporated milk may be substituted for cream). Add cheese. In iron pan, melt additional butter and sauté lobster meat. Add tabasco, worcesterhire sauce, and sherry to lobster. Add this mixture to white sauce. Sprinkle on paprika and cayenne. Reheat in a casserole until brown on top.

Madelaine Friel

*So I am trying hard to learn
That nothing's really great
If it must take my praying time
So praying has to wait.
It's praying makes me fit for work;
It is my staff and stay,
And work will never be the best
If I have failed to pray.*

Crab Soufflé

Make a cheese sauce by melting $\frac{1}{4}$ cup of margarine in top of a double boiler. Stir in 3 tablespoons flour, 1 cup of milk, continue cooking until the sauce is thickened. Beat 3 egg yolks slightly. Gradually add hot sauce to them. Return to double boiler. Continue cooking until sauce is thickened again. Add $\frac{1}{4}$ cup of grated sharp cheddar cheese along with 1 teaspoon salt, dash nutmeg and one of cayenne. Heat only until the cheese is melted. Remove from heat and add $\frac{3}{4}$ cup of boned shredded Japanese canned crab meat. Gently fold the hot mixture into 3 stiffly beaten egg whites, a little at a time. Pour into a well-greased 1 qt. casserole and set in a pan of hot water. Bake in hot oven, 450° for 20-25 minutes. Serves 6.

Emily Fuller

Marinated Fish (Skavetji)

2 Slices kingfish

1½ Cups vinegar

½ Lb. onions

1 Spanish pepper

A little pepper, also cloves

1 Cup oil

Fry the fish gently (don't let it get too brown or dry). Boil the rest of the ingredients for a few minutes, and pour this mixture over the fish in a deep glass dish. Let stand for about 12-24 hours.

A. C. de Veer

Crab Cobbler

Melt:

½ Cup crisco in top of double boiler

Add:

½ Cup chopped green pepper

½ Cup chopped onion

Blend in:

½ Cup sifted flour

1 tsp. dry mustard

½ tsp. Accent (optional)

1 Cup milk

1 Cup shredded American cheese
(Velveeta)

Cook, stirring constantly, until cheese is melted, and mixture is very thick.

Add:

1 Cup boned crab meat (6½ oz. can)

1½ Cups drained tomatoes (No. 2 can)

2 tsp. Worcestershire sauce

½ tsp. salt

Blend all together thoroughly, and put in 2 quart casserole.

Cheese Biscuit Topping:

Sift together:

1 Cup flour

½ tsp. salt

2 tsp. baking powder

Add:

¼ Cup shredded cheese, and cut in 2 Tbsp. crisco

Add:

½ Cup milk, and drop by spoonful on top of crab mixture

Bake: 15-20 minutes at 450 degrees.

M. Oliver

Meat and Fish

Trout Blange

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|---|---------------------------------|
| 8 Shallots | 1 doz. shrimp or 1 can (4½ oz.) |
| ½ Bermuda onion | 1 Can (3½ oz.) crabmeat |
| ½ Cup butter or margarine | ¾ Cup dry white wine |
| 3 Bay leaves | 1 qt. water or fish stock |
| 1 or 2 cloves garlic | 1 Tbsp. flour |
| 5 Fresh mushrooms | 1 tsp. salt |
| 3 Tomatoes | Dash of cayenne |
| 1 doz. oysters or 1 can (7 oz.)
frozen | Dash of saffron |
| | 12 Fillets of trout |

Peel and chop shallots and onions fine. Melt 4 tablespoons butter or margarine, toss in shallots, onion, bay leaves and cook a few minutes. Crush or mince garlic, chop mushrooms, peel and chop tomatoes. Add to onion mixture along with oysters, shrimp, crabmeat, wine and water. Cook to a boil. Now work remaining butter or margarine with flour until smooth. Add to the sauce and season with salt, cayenne, saffron. Cook slowly for 20 to 25 minutes without lid. Serve over the broiled fillets of trout.

Emily Fuller

*Father, I fold
My hands and bow:
For food and drink
I thank Thee now. Amen.*

Sea-Food Special

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|---|--|
| 1 pkg. frozen shrimp (cleaned
and cooked) 12 oz. | ¾ Cup condensed cream of mush-
room soup |
| 1 pkg. frozen crabmeat or canned
12 oz. | ¼ Cup of cream |
| 1 pkg. frozen lobster or canned
14 oz. | 3 Tbsp. of sherry |
| 3 Hard-cooked eggs | 2 (3 oz) cans of sliced mushrooms |
| ¾ Cup condensed cream of pea
soup | ¼ Cup grated Cheddar cheese
Buttered crumbs |

Halve the shrimp. Flake the crab meat and lobster. Slice the hard-cooked eggs. Combine the soups, the cream, and the sherry and stir until smooth. Add the mushrooms. Grease a baking dish, place shrimp, crab, lobster, and eggs in alternate layers, pouring a part of the soup mixture over each, and adding a little grated cheese. Top with buttered crumbs and bake at 325 F. for about 45 minutes. Serves 6.

Emily Fuller

Fillet of Flounder with Mushrooms

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| 2 Lbs. fillet of flounder | 4 Tbsp. butter |
| 1 Cup milk | 2 Tbsp. grated Parmesan cheese |
| ½ Lb. white seedless grapes | ½ Cup heavy cream |
| ½ Lb. sliced mushrooms | Salt and pepper |
| 1 Tbsp. flour | |

Sauté mushrooms in 3 Tbsp. butter for 3-4 minutes, stirring occasionally. Season to taste. Poach fillets in milk by pouring milk in large skillet; when boiling, add fish, salt and pepper to taste, and simmer for 5-10 minutes, depending on thickness of fillets. Remove fish. Cream butter and flour; stir into the milk in skillet. Add cheese and cream. Continue stirring until it becomes as thick as medium white sauce. Arrange fish in buttered baking dish in layers with grapes and mushrooms. Cover with sauce and bake at 400 degrees for 10 to 12 minutes.

M. J. Pettorino

Salmon Bake

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|-------------------------|-----------------|
| 1 Can salmon (or tuna) | ¼ tsp. salt |
| 1 Cup milk (scalded) | Dash of paprika |
| 2 Eggs, slightly beaten | Grated onion |
| 1 Tbsp. melted butter | |

Remove skin and bones from fish. Break into pieces and put in casserole dish. Slowly stir in milk and eggs. Add butter, seasonings and onion. Mix lightly. Bake in pan surrounded by 1 inch of hot water in moderate oven until knife comes out clean. (350°, about 40 min.) Serve with lemon slices.

Mrs. George A. Janson

Baked Fish Savory

Sprinkle haddock fillets with lemon juice, salt, pepper, onion flakes, pressed garlic or garlic salt. Lay lemon slices, tomato slices and diced celery on fish. Sprinkle with sweet basil and parsley, then gently pour on ½ cup white wine. Dot with butter. Chill for several hours. Sprinkle with paprika, and bake without turning for about 45 minutes at 350 degrees. Baste often, and if necessary broil for a couple of minutes to brown. Serve with par-slied potatoes.

Mrs. Chas. K. Scott

Meat and Fish

Deviled Crab

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|--------------------------------|-------------------------|
| 1½ Cups milk | 1/3 tsp. dry mustard |
| 1½ Cups soft bread crumbs | 1/8 tsp. cayenne pepper |
| 2 Cups flaked crabmeat | 1/2 Cup butter, melted |
| 5 Hard-cooked eggs (separated) | Buttered bread crumbs |
| 1½ tsp. salt | |

1. Combine milk and soft bread crumbs. Gently stir in crabmeat and egg whites that have been finely chopped.
2. Mash egg yolks and blend with crabmeat, together with salt, mustard, pepper and butter.
3. Pour into buttered 10"x6" baking dish. Sprinkle with buttered bread crumbs. Bake in oven (450 degrees) for about 15 minutes.

Polly Eriksen

*Women's faults are many,
Men have only two:
Everything they say
And everything they do.*

Stuffed Red Snapper

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|---------------------|--|
| 1 Whole red snapper | 1 Onion, 1 green pepper |
| 1 Tbsp. lemon juice | 2 Tomatoes |
| 3 Hard cooked eggs | 1 Sliced dill pickle, capers, parsley,
and seasonings |
| 2 Boiled potatoes | |

Brown the sliced onion in butter together with some of the green pepper and tomatoes. Mash the potatoes together with the eggs and add the other ingredients.

Clean the fish and with a sharp knife open up along the backbone on both sides, leaving the tail end intact. Take out backbone and season with pepper and salt. Stuff fish with the above mixture and sew up firmly.

Now put the stuffed fish in an ovenproof dish. Sprinkle with lemon juice. Slice on top of the fish an onion, the rest of the green pepper and tomatoes, a dash of tabasco or hot pepper, put on each side a lump of butter and bake in 350° oven for about one hour or until fish is well done.

From the Woman's Club Cookbook published in 1945
Submitted by Ana Roding

Fresh Red Snapper

Remove the head and scales of the snapper. Place in pot of boiling water to which has been added a bay leaf, 4 cloves, 6 peppercorns, and $\frac{1}{2}$ lemon. Let stand in pot for 10 minutes without boiling. Remove, fillet, and place on baking platter or pan. Beat 2 egg whites and fold in 3 Tbsp. tarter sauce or sandwich spread. Spread on fish. Place under broiler for a minute or two, until sauce puffs up and becomes golden brown. Serve immediately. If desired, butter may be spread on the snapper before the sauce is added.

Mrs. Donald L. Stahlfeld

Take a tip from nature - ears aren't made to shut but a mouth is.

Cube Steak Parmesan

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|--|--------------------------------|
| 3 Eggs | 9 Tbsp. grated Parmesan cheese |
| $1\frac{1}{2}$ tsp. salt | 6 Cubed steaks |
| $\frac{1}{2}$ tsp. pepper | $\frac{1}{2}$ Cup cooking oil |
| $1\frac{1}{2}$ Cups fine, dry bread crumbs | 2 8 oz. cans tomato sauce |

Combine eggs, salt and pepper; beat well. Mix dry bread crumbs and 5 Tbsp. parmesan cheese. Dip steaks in egg mixture, then in crumbs, and brown in a heavy skillet in hot oil. When steaks are brown on both sides, add tomato sauce, and top with remaining 4 Tbsp. parmesan cheese. Bake uncovered in a 325 degree oven for 25 minutes. This recipe serves 6, and is a fine meat dish to go with baked potatoes and a green salad.

Dee Sorenson

Beef Stroganoff

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|--------------------------------------|--------------------------------------|
| 1 Lb. thin round steak, cut in cubes | 1 Clove garlic, chopped |
| $\frac{1}{4}$ Cup flour | 1 Cup sour cream |
| Salt and pepper | 1 Can tomato soup |
| $\frac{1}{2}$ Cup chopped onions | 1 Tbsp. Worcestershshire sauce |
| 1 6 oz. can mushrooms | $\frac{1}{4}$ tsp. tabasco |
| | $\frac{1}{2}$ Cup diced green pepper |

Dredge meat in seasoned flour, and brown well in fat. Combine other ingredients, pour over meat in skillet. Steam on low heat, covered, 45 minutes, or until meat is tender. Serve with rice or noodles.

Jeanette Faucett

Meat and Fish

Beef Stroganoff

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|--|-----------------------------|
| 1/3 Cup butter | 3/4 tsp. salt |
| 1 Cup chopped onion | 3 Tbsp. flour |
| 1 tsp. minced garlic | 1 Can beef bouillon |
| 2 Cans (6 oz.) mushroom stems
and pieces, drained | 1 Cup sour cream |
| 2 Lbs. beef tenderloin, in bite
size pieces | 2 tsp. Worcestershire sauce |
| | 1 tsp. Kitchen bouquet |

Melt 2 tbsp. butter in skillet, add onions, garlic and mushrooms; cook until soft. Melt remaining butter in a large skillet, add meat, sprinkle with salt and brown. Put meat into a 2 quart casserole. Add flour to fat remaining in skillet and blend; add bouillon and sour cream gradually; stir and cook until thickened. Add onion mixture, browned meat, worcestershire sauce and kitchen bouquet; mix and heat thoroughly; return to casserole. Bake, covered, 350 degree oven for 30 minutes. Yield: 6 servings. I find is best if made ahead of time, then placed in oven 30 minutes before serving.

Lorie Dunne

*Before I eat,
I bow my head
And thank You, God,
For daily bread. Amen.*

Beef Stroganoff

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|----------------------------------|--|
| 1/4 Cup salad oil | 1/8 tsp. black pepper |
| 1/2 Cup minced onion | 1/8 tsp. paprika |
| 1 Lb. chuck (cut in small cubes) | 1 Lb. mushrooms, sliced |
| 1 Clove garlic, minced | 1 Can condensed cream of chicken
soup |
| 2 Tbsp. flour | 1 Cup commercial sour cream |
| 2 tsp. salt | |
| 1/4 tsp. monosodium glutamate | |

1. In hot salad oil in skillet, sauté onion until golden brown.
2. Stir in chuck, garlic, flour, salt, monosodium glutamate, pepper, paprika and mushrooms. Sauté 15 minutes.
3. Add soup, undiluted; simmer uncovered for 20 minutes. Stir in sour cream, sprinkle with parsley. Makes 4-6 servings. Serve on instant mashed potatoes or boiled rice, with garlic bread, green beans, pickled beets or salad, cherry pie and coffee.

Mrs. Charles Berrisford

Wine Stew

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|---------------------------------------|---------------------------------------|
| Two pounds of lean stew meat | 4 Beef bouillon cubes |
| 1 Small bottle of Chateaufort du Pape | Carrots |
| 2 Cans Franco-American beef gravy | Potatoes |
| | Onions |
| | Garlic, thyme, basil, salt and pepper |

Brown the meat in heavy iron frying pan or iron casserole dish, without anything added. When brown, add garlic, (one or two large cloves), and the other herbs. Add the gravy and the bouillon cubes. Use half the amount of these last two if your meat is very good and has a lot of natural flavor. Add about half of the wine and simmer, covered, until the meat is medium tender. 2-3 hours for low grade meat.

Then add as many pared potatoes, white onions and carrots as you like. The potatoes are best if kept small and carrots either cut small or split. Add wine to taste as you go along. Cook until the vegetable are tender. Mushrooms may be added an hour before the stew is finished and canned or frozen peas, about five minutes before serving. This stew has a thin gravy and if you want a thick one, substitute water for the wine, and thicken with flour as needed.

Mrs. Joseph F. Swingle, Jr.

Pastechi

Make a stew of:

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| 2 Cups ground veal | ½ Cup raisins and capers (¼ cup each) |
| ½ Cup ground smoked ham | 2 Tbsp. butter or margarine |
| ½ chopped onion | Salt, pepper, nutmeg |
| ½ chopped green pepper | Ketchup and enough water or |
| ½ chopped hot red pepper | broth to keep from burning |
| ½ chopped tomato | |

Make a dough as for pie crust. Roll out thin. Cut circles with a round cutter about 3 inches in diameter. Roll this circle again and put a heaping tablespoonful of the stew on the dough. Cover with another round of dough, press edges together closely and uniformly. When ready, the pastechi should have the form of a hat. Fry in very hot Crisco and serve as an entree with green peas. Variation: chopped oysters, flaked fish or shrimp can be substituted for the ground meat.

Mrs. Irma Beaujon

Meat and Fish

Hoo-Shoo-Too Turtle Stew

Brown:

- 4 Lbs. turtle meat, cut for stew

Add:

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|--|-------------------------------|
| 1 to 2 cans tomatoes | 2 Stalks celery, chopped |
| 2 Cans Italian tomato paste | 3 Lemons, chopped |
| $\frac{1}{2}$ Bunch scallions, chopped | 4 Cloves garlic, chopped |
| $\frac{1}{2}$ Bunch parsley, " | 1 Large green pepper, chopped |

Make a brownish paste from 2 tbsp. fat, 2 cups flour, and add 2 chopped onions.

Combine all ingredients and stew for approximately $1\frac{1}{2}$ hours, or until meat is done. Add 8 finely chopped hard-boiled eggs at the last minute. Add sherry, butter and worcestershire sauce to taste in individual servings. I recommend 1 Tbsp. sherry per serving.

Dorothy Mantyla

Stewed Turtle

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|-------------------------------------|----------------------------------|
| $1\frac{1}{2}$ Lbs. Turtlebeef | Hot pepper (cut up) |
| 1 Lb. mixed turtle | Salt, pepper, nutmeg |
| 4 Tbsp. butter | Capers, olives, dried prunes |
| 8 Tbsp. oil | Tomato ketchup |
| Onion, garlic, tomato, sweet pepper | Lime juice, sherry (or dry wine) |

Cut meat in pieces.

Soak the hard pieces with the shell in hot water for about 30 minutes. Remove shell. Cook onion, garlic, tomato, sweet pepper in oil for 5 minutes (don't brown). Add butter, meat and mixed pieces; stew until nearly tender. Add some water during cooking. Add capers, olives, prunes and tomato ketchup, some lime juice if desired, and finish stewing. Two tablespoons sherry or dry wine may be added; also about 4 potatoes cut in pieces if desired.

Mrs. E. Henriquez

Tripe Creole

Boil tripe 2 hours. Drain and cut into bite-size pieces. Prepare a regular Creole sauce — tomatoes, green peppers, celery, and onions. Add salt, pepper, basil, oregano, a bay leaf, and garlic if you like. Simmer tripe slowly in the sauce for about 6 hours until it is very tender.

Dorothy O'Brien

Pressure Cooker Goulash

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|------------------------------------|------------------------------------|
| 1 to 1½ pounds of cubed beef | ½ to 1 can tomato sauce |
| 2 Onions, diced | Some water (see below) |
| 2 Cloves of garlic, diced | Paprika - shake in until the color |
| 4 Potatoes, cut into 1½ inch cubes | is good and red |
| 1 Can tomato paste | ½ Large bay leaf |
| | ¼ tsp. of marjoram (goodly pinch) |
| | ¼ tsp. of all-spice |
| | Salt and pepper on meat |

Brown meat in oil or bacon drippings. Add onions, garlic, potatoes, tomato paste, tomato sauce and seasonings. Add enough water to make slightly soupy. Cook at 15 pounds pressure for 20 minutes. Serve with French bread, green salad..... and EAT!

Mrs. W. E. Fremgen

Goulash

- | | |
|-------------------------|--------------------------|
| 1 to 1½ pkgs. stew meat | 1 Small bay leaf |
| 1 Green pepper | 1 Can tomato soup |
| 1 Large onion | Salt and pepper to taste |
| 2 Large carrots | |

Boil meat in just enough water to keep covered until half done. Add pepper and onion cut in pieces the size of an American quarter. The carrots, (cut into strips about 2 inches long) the bay leaf, salt and pepper can be added at this time. Cook until tender, but not overdone; add tomato soup. Serve this sauce, mixed with 1 package elbow macaroni, cooked and drained. A small amount of celery may be added with peppers, onion and carrots, if you like.

Helen Morris

Hachée

- | | |
|------------------------|---------------------|
| 1 Kilo chuck roast | 1½ Tbsp. vinegar |
| ¼ Lb. butter | Salt to taste |
| 7 Onions (medium size) | Maizena, cornstarch |
| 3 Bay leaves | |

Cut the meat in stew-size cubes, and brown well in the butter in a heavy skillet or pot. Peel and slice the onions; put them on the meat with 3 cups of water (or more), the bay leaves, salt and vinegar. Cover the pot. Cook briskly for 15 minutes, set stove on "low" and simmer it for 3 hours. If you like the stew thicker, stir in some maizena that has been dissolved in water. Serve with rice.

Mrs. Ank Schelfhorst

Meat and Fish

Braised Beef with Mushrooms

- | | |
|-------------------------------|------------------------------------|
| 1½ Pounds stew beef | 1 8oz. can tomato sauce |
| 1 4 oz. can sliced mushrooms | 2 tsp. sugar |
| ½ Clove garlic | 2 tsp. Worcestershire sauce |
| ¾ Cup chopped onions | 1 tsp. basil, oregano and marjoram |
| 3 Tbsp. crisco or cooking oil | 1 tsp. salt |
| 1 Bouillon cube | ¼ tsp. pepper |

(Left over beef or veal may be used in place of stew beef). If so use two cups of meat.

Cut meat in one-inch cubes. Drain mushrooms, saving liquid. Chop garlic, onions, and brown with mushrooms in hot fat in heavy cooking pot or dutch oven type utensil.

Dissolve bouillon cube in one cup hot water, add with mushroom liquid and remaining ingredients to the cubed meat. Add tomato sauce and spices. If cooked meat is used, cook only half an hour. If raw meat is used cook slowly about two hours, stirring occasionally. Add more water if necessary. Thicken liquid if necessary. Serve over hot noodles or rice. Will serve from 4-6 persons.

Claire L. Goodwin

*Some ha'e meat and canna eat
And some would eat that want it,
But we ha's meat and we can eat
Sae let the Lord be Thank't*

Robert Burns

Beef and Lima Bean Stew

- | | |
|--------------------|---------------|
| 1 Lb. stewing beef | 2 Tbsp. flour |
|--------------------|---------------|

Roll beef in flour and brown well in 2 Tbsp. bacon fat. 2 medium onions, sliced; add to fat and sauté until browned. Add:

- | | |
|---------------------------|---------------------------|
| 1¼ Cups water | 1 Can Hunt's tomato sauce |
| ½ Cup sliced celery | ½ Cup diced yellow turnip |
| ½ Cup sliced green pepper | 1 tsp. salt |
| | Pepper |

Wrap a few sprigs of parsley, 1 bay leaf, and a pinch each of majoram and basil in a piece of cheesecloth, tie and drop in stew. Cook slowly for 1½ hours, or until meat is tender. Remove bag of spices. Add 1 package lima beans (Fordhook) which have already been cooked according to directions. Cooked diced potatoes may be added. Heat together. Serves 2 generously.

Ruth J. Collins

Pseudo-Brunswick Stew

- | | |
|-----------------------------------|---------------------------------|
| 1 Lb. ground round steak | 1 Can green lima beans (16 oz.) |
| 1 Can tomatoes (1 lb. 12oz. size) | 1 Can creamed corn (16 oz.) |
| 2 Medium onions | |

Sauté meat and chopped onions a few minutes. Add tomatoes. Simmer until the meat is tender. Add lima beans and cook a few more minutes. Then add corn and heat through. Season with 1 tsp. salt, $\frac{1}{2}$ tsp. pepper, 1 tsp. curry powder.

Bill & Ed Porter

*Only one life, . . . 'Twill soon be past;
Only what's done for Christ shall last.*

Black Rabbit

Brown 1-2 rabbits (cup up) in 2 Tbsp. oil, in a large pan. Add 1 large onion, 1 clove garlic (cut in small pieces), salt and papper. Quarter, and cut in small pieces 2 small, or 1 large carrot, 2 or 3 stalks celery, 10-12 prunes. Add these, plus enough water to cover, to the rabbit. Add $\frac{1}{2}$ cup vinegar, $\frac{1}{4}$ cup sugar. Make a "spice bag" using $1\frac{1}{2}$ tsp. pickling spices and a bay leaf; add to other ingredients. Cook until rabbit is tender. When almost finished cooking add $\frac{1}{2}$ cup raisins and $\frac{1}{2}$ cup walnut meats, broken in pieces. Brown 1 cup of flour in $\frac{1}{2}$ cup oil or fat in skillet. When real dark brown, add to rabbit just before serving. Serve with dumplings. Serves 4-8 people.

Mrs. Ruby Pistek

Camp Stew

- | | |
|---------------------------|-------------------------------|
| 1 4 Lb. stewing chicken | 1 Bottle Worcestershire sauce |
| 3 Lb. fresh pork | 1 Large onion |
| 2 No. 2 cans creamed corn | 2 Cloves garlic |
| 2 No. 2 cans tomatoes | 2 Medium potatoes diced |
| 2 Bottles catsup | 2 pkgs. mixed vegetables |

Cook chicken and pork in about 3 quarts of water. When meat is tender pull from bone with fingers. Do not use a knife. Add vegetables and seasonings. Cook slow until tender. Salt and pepper to taste. Serves 10.

Martha Walker

Meat and Fish

Chinese style Hamburger Hash

- | | |
|---------------------------------------|-------------------------------|
| 1 Lb. ground round | 1½ Cups warm water |
| 2 Tbsp. Mazola oil | ½ Cup uncooked rice |
| 2 Medium onions, chopped | ¼ Cup soy sauce |
| 1 Cup sliced celery | ¼ tsp. pepper |
| 1 Can (10½ oz.) mushroom soup | 1 Can (3 oz.) Chinese noodles |
| 1 Can (10½ oz.) cream of chicken soup | |

Brown the meat in salad oil until crumbly. Add the chopped onions, celery, mushrooms and chicken soup. Rinse the soup cans with warm water and add to mixture. Stir in the uncooked rice, soy sauce and pepper. Turn into large, lightly greased casserole. Cover and bake in a moderate oven (350 degrees) for 30 minutes; remove cover and continue cooking for 30 minutes longer. Cover the mixture with crisp noodles and continue baking 15 minutes more. Serves 8.

Priscilla Smith

As we receive, so may we give: freely, definitely, regularly.

Ground Beef Chinese

- | | |
|-------------------------------|--|
| 1 Lb. ground beef | 1 Tbsp. bacon drippings or salad oil |
| ½ Cup sliced celery | 1 Tbsp. soy sauce |
| 1 Medium sized onion, chopped | 1 Can (10½ oz.) cream of mushroom soup |
| ½ Green pepper, chopped | |

Brown meat until crumbly, adding a little fat if necessary. In a separate pan, sauté the celery, onion, and green pepper in bacon drippings. Be sure vegetables retain their crispness. Combine browned meat, sautéed vegetables, soy sauce, and soup. Stir and simmer for 2 minutes. Serve over buns, toast, mashed potatoes or noodle nests. Serves 6.

Mrs. R. F. Martin

Rice and Beef Hash

Sauté ¼ cup chopped green pepper and ¼ cup chopped onion in 2 tablespoons fat until golden brown. Add ½ pound ground beef; continue cooking 5 minutes. Add 1⅓ cups canned tomatoes, ½ cup hot water, ⅔ cup minute rice, 1 teaspoon salt and ⅛ teaspoon pepper. Cover and simmer slowly 10 minutes. Serves 4.

Mrs. J. Johnson

Meat Loaf Supreme

- | | |
|--------------------------|---|
| 1 Pound ground beef | 1 3/4 Cups milk |
| 1/2 Pound ground veal | 1/4 Cup melted butter or margarine |
| 1/2 Pound ground pork | 1 Clove garlic (optional) |
| 2 Eggs | 1 tsp. dill seed or other favorite herb |
| 1 Package onion soup mix | 2 Tbsp. chopped parsley |
| 2 Cups soft bread crumbs | |

Combine all ingredients; shape into a mound on a baking sheet lined with aluminium foil or pack into a loaf pan. Bake at 350 for 1 1/2 hours. Serve hot or cold with onion gravy: 1 Package onion soup mix, 3 cups water, 4 T. flour, 1/2 cup water, milk or cream, 1 T. parsley. Combine soup mix with water. Simmer 10 minutes; stir in flour mixed the 1/2 cup liquid and cook 5 minutes longer. Add parsley and serve hot.

Emma Clark

Meat Loaf

- | | |
|-----------------------|---------------------------|
| 1 Pound chopped beef | 2 or 3 slices white bread |
| 1 Can stewed tomatoes | 1 tsp. salt |
| 1 Egg | 1/2 tsp. pepper |
| 1 Onion, chopped | 3 Slices bacon |

Mix all ingredients, except bacon. Place loaf in baking pan. Top with 3 slices bacon. Bake one hour at 350°. Serves 4 to 6.

Evie Gebauer

Individual Meat Loaves

- | | |
|--|---------------------------------|
| 1 Lb. ground beef | 9 to 12 chopped, stuffed olives |
| 1/4 Lb. grated cheese | 1 tsp. salt |
| Juice of 1 lemon | 1 Egg |
| 1/4 Cup green pepper, chopped | 1 Cup bread crumbs |
| 1 Small can of mushrooms, cut,
(use liquid) | |

Combine all ingredients; form into 6 or 8 individual meat loaves. Wind half strips of bacon around each loaf, and bake about 1 hour in a moderate oven.

I pour off some of the grease when the loaves have baked about 1/2 an hour. This recipe also makes a good large meat loaf, and is good sliced for cold meat or sandwich meat.

Ethel Osborn

Meat and Fish

Beef Rolls

- 1 Large, tenderized beef round steak
- 1 pkg. prepared stuffing mix

- 2 Cans brown mushroom gravy
- Salt and pepper

Prepare stuffing by directions on package. Cut meat in strips, about 3½ inches wide (across steak), season with salt and pepper. Spread stuffing on steak, roll up, and tie lightly with twine. Sauté the rolls in a small amount of fat. When brown, add mushroom gravy and a small amount of water. Cover and simmer until done. Serve with gravy poured over the rolls.

Mrs. Charles K. Scott

Looking ahead is a good way to keep from falling behind.

Meat in Cabbage Rolls

- | | |
|----------------------|---------------------|
| ½ Cup rice | 1 Cup milk |
| 1¼ Cups milk | 2 tsp. salt |
| 1 Large head cabbage | ¼ tsp. pepper |
| 1 Pound ground beef | 2 Tbsp. brown sugar |
| ¼ Pound ground pork | ½ Cup hot water |

Cook rice in 1¼ cups milk until fluffy. Remove cabbage leaves from head, and immerse in boiling, salted water; cook until leaves are partially translucent and pliable. Combine meats with 1 cup milk, salt, pepper, and cooked rice; mix thoroughly. Spoon meat mixture on each leaf; roll and tie securely or fasten with toothpicks. Brown in hot fat; sprinkle with brown sugar; add water; cover and cook slowly for about 2 hours. Thicken broth for gravy. Serves 6.

Betty Johnson

Baked Bean and Hamburger Savory

- | | |
|------------------------------|------------------------------------|
| 3 Tbsp. salad oil | 1 Tbsp. Worcestershire sauce |
| ½ Cups sliced peeled onions | 1 tsp. salt |
| 1 Cup diced celery | 1 tsp. powdered sage |
| ¼ Lb. chuck beef, ground | ½ Cup water or canned tomato juice |
| 4 Cups canned pork and beans | |

Heat the salad oil in a skillet. Then add the onions celery, and beef and cook, uncovered, about 10 min. Add rest of ingredients; heat thoroughly. Serves 6.

Mrs. Helen Humphreys

Filled Cabbage Rolls (Gwombka)

- | | |
|-----------------------------|---------------------------|
| 1 Medium sized head cabbage | 1½ tsp. salt |
| Filling: | ¼ tsp. pepper |
| ½ Cup rice | (Other seasoning to suit) |
| 1 Cup salt water | 1 Small onion |
| 1 Lb. ground beef | 1 Clove garlic |
| 1 Egg | ¼ tsp. leaf oregano |

Discard wilted leaves and cut out core of cabbage head. Place cabbage in pot of 2 cups salted boiling water. Steam ten minutes, remove from water, cool and separate leaves. Save salt water. Rinse ½ cup rice and boil in 1 cup salt water until water dissolves. Don't overcook. Cool rice and mix with meat, egg, etc., mixture. Trim thick center vein of cabbage leaves. Put approx. 2 heaping tablespoons filling on each leaf. Fold leaf ends over and roll up, fasten with toothpicks. Use remaining cabbage leaves to line bottom of pan containing salt water. Place cabbage rolls in water and cover with your favorite spaghetti sauce or tomato soup. Cover and simmer slowly 1 to 1½ hrs. Baste occasionally. Remove toothpicks and arrange in deep serving dish with sauce.

Lillie N. Hedlund

Cabbage Rolls**Filling:**

- | | |
|------------------------------|-------------------------------------|
| 1 Lb. ground round steak | 1 Egg unbeaten |
| 1 Large onion, chopped | 1 Tbsp. Chili powder |
| 1 Med. green pepper, chopped | 1 tsp. salt - dash or two of pepper |
| 2 Stalks celery, chopped | 2 Whole drained tomatoes |
| ½ Cup uncooked rice | (see sauce below) |

Mix above ingredients lightly - set aside.

Sauce:

- | | |
|---|------------------------------|
| 1 Can tomato soup | 2 Beef bouillon cubes |
| 1 Large can of tomatoes — less
the two above | dissolved in ½ cup hot water |
| | Salt to taste |
| 1 Leafy head of cabbage | 1 tsp. of Chile powder |

Steam the cabbage leaves in boiling salted water until just tender; remove hard stem of leaf. Roll about 2 tablespoons of mixture in steamed leaf. Tie or use tooth picks to secure. Arrange rolls in roaster, pour sauce over all. Cover and bake for 2 hrs. at 350°.

Emily Fuller

Meat and Fish

Argentine Beef Pie

- 1 Lb. ground beef
- 1 Small onion, chopped
- 2 Tbsp. green pepper, chopped
- 1 Cup seedless raisins

- $\frac{1}{2}$ Cup sliced Spanish olives
- 2 Hard boiled eggs, cut up
- Salt and pepper

In 2 Tbsp. butter, melted, sauté the onion and green pepper. Add ground beef and stir until it is well done. Add the rest of the ingredients and mix well. Take off fire. Have 3 or 4 boiled potatoes mashed with cream and butter. In a medium-size greased casserole, line bottom and partly up the sides with half of the mashed potatoes. Put in all of the meat mixture, and cover with the rest of the mashed potatoes. Bake uncovered, in a 350 degree oven for about 20 minutes.

Dolly Smith

Texas Hash

Sauté until tender in 3 Tbsp. fat:

- 3 Large onions
- 1 Green pepper, minced

Add and brown:

- 1 Lb. ground beef

Stir in:

- 1 Can tomatoes (large)
- $\frac{1}{2}$ Cup uncooked, minute rice
- 1 tsp. Chile powder
- 2 tsp. salt
- $\frac{1}{8}$ tsp. pepper

Pour into greased, 2 quart baking dish, and bake 1 hour at 350 degrees. Grated cheese may be sprinkled over the top if desired. Serves six.

Mrs. R. C. Busacker

Porcupine Meat Balls

- $1\frac{1}{2}$ Lb. ground beef
- $\frac{1}{2}$ Cup uncooked rice
- 1 Medium onion, chopped
- Salt and pepper
- 1 Can tomato soup
- 1 Can water
- 1 Bay leaf
- $\frac{1}{8}$ tsp. each cloves and cinnamon

Combine meat, rice, onion, salt, and pepper. Shape into medium-sized balls. Combine tomato soup, water, bay leaf, and spices in a deep skillet; heat to boiling. Add meat balls. Cover and cook slowly for 1 hr. Makes 4-5 servings.

Mrs. R. F. Martin

Königsberger Meat Balls with Gravy

Meat balls:

- 1 Lb. Hamburger
- 1 Chopped onion
- 1 tsp. chopped capers

- 1 Egg
- 2 to 3 Tbsp. bread crumbs
- Salt and pepper to taste

Mix all ingredients well together & form little round balls.

Gravy:

- 3 Tbsp. butter
- 1 Finely chopped onion
- 4 Tbsp. flour
- 1 1/4 Cups bouillon

- 1/2 Cup milk
- Salt and pepper to taste
- 2 tsp. chopped capers
- 1 Tbsp. lemon juice

For Gravy melt butter over slow heat. Add flour & onion stirring constantly until golden brown. Add bouillon slowly, while stirring. Add milk, and if still too thick add some water. Let cook for 3 minutes while stirring then add meat balls, close cover & let cook slowly over low heat for 20-30 minutes. Remove meat balls into serving dish; add capers, lemon juice, salt and pepper to the gravy while stirring. After removing from heat you may add one beaten egg yolk. Pour gravy over meat balls and sprinkle with 1 Tbsp. chopped parsley.

Gitta May

Patio Meat Balls

- 1/2 Cup soft bread crumbs
- 1 1/4 Cups milk
- 1 Lb. lean ground beef
- 1 Egg, slightly beaten
- 1 Tbsp. minced onion
- 1/4 tsp. mace
- 1/8 tsp. allspice
- Salt and pepper

- 2 Tbsp. bacon drippings or other fat
- 1 Can condensed cream of mushroom soup
- 1/3 Cup white table wine
- 2 Tbsp. chopped parsley

Soak bread crumbs in 1/2 cup milk for 5 to 10 minutes. Add ground beef, egg, onion, mace, allspice, 1 tsp. salt and 1/8 tsp. pepper; mix thoroughly. Shape mixture into walnut-sized balls. Heat bacon drippings in a large heavy skillet; brown meat balls nicely on all sides. Remove balls and pour off all drippings from skillet. Combine soup, wine and remaining 3/4 cup milk in skillet; add parsley, salt and pepper to taste; heat to simmering; add meat balls. Cover, simmer 20 minutes, stirring occasionally. Serve with rice, noodles or mashed potatoes. Serves 4 or 5.

Mrs. R. F. Martin

Meat and Fish

Ground Beef in Sour Cream-Tomato Sauce

- | | |
|------------------------------|-----------------------------|
| 1 Lb. ground beef | 1 tsp. salt |
| ½ Cup dry bread crumbs | 3 Tbsp. butter or margarine |
| 3 Tbsp. milk | 2 Tbsp. flour |
| 1 Egg | 1 Can (1 lb.) tomatoes |
| 1 Tbsp. Worchesterhire sauce | 1 Cup sour cream |
| 1 tsp. grated onion | |

Mix together ground beef, bread crumbs, milk, egg, worcestershire sauce, grated onion, and salt; shape into 4 patties. Brown well on both sides in butter in skillet; remove from pan. Add flour to butter in pan, blend well. Gradually add tomatoes and sour cream. Return meat patties to sauce; cover and simmer about 10 minutes. Serves four.

Mrs. C. B. Huffaker

Argentine Empanadas

Lightly brown 2 large chopped onions & 1 clove of garlic in 3 tablespoons of beef fat. Add 1 kilo ground steak. Cook for a few minutes only, add 1 Tbsp. Chili powder & cook 2 min. longer. Remove from fire. Add ½ teaspoon black pepper, 1 cup seedless. Raisins, ½ cup chopped olives, 1 teaspoon sugar, 3 hard boiled eggs, chopped.

Make pastry of 4 cups sifted flour, 1 cup shortening, 1 egg & a little salted water. Roll dough as thin as possible, cut into 3 inch squares. Put a generous teaspoon of meat mixture on each square, dampen borders and form patty. Fry till brown in deep fat.

Ruth Cvejnovich

Broiled Fillet of Beef

In a saucepan melt 2 tablespoons of butter, add ¼ cup of soy sauce, 1 clove of garlic, crushed, 1 tablespoon powdered ginger, 1½ tablespoons lemon juice and 1 tablespoon sugar. Simmer 5 min. to blend flavors.

Place 1 large whole fillet of beef, which has 3 to 4 strips of bacon wrapped around it, on a broiler pan as far from the highest heat for 15 minutes, turning three times, and basting each time with the above sauce. Remove bacon (or beef fat) from fillet.

Broil another 10 to 15 minutes, basting and turning three times. This will be rare. Increase time for medium, and for well done.

Emily Fuller

Pot Roast

Brown:

2 Kilo beef
A handful of raisins

2 Onions in 3 Tbsp. crisco,
or olive oil

When browned add:

1 Can tomatoes
1 Cup water
Stuffed olives

6 oz. wine,
Salt, pepper and garlic

Cook 3 to 4 hours.

Mrs. W. F. Hughes

Yankee Pot Roast

Brown 2 kilos eye round roast on all sides, then pour 2 Tbsp. vinegar over the top. Put one clove of garlic in the juice, cover roast, and cook slowly for 4 hours. Add salt and pepper 45 minutes before the roast is done. Remove meat from broth, carve, make gravy and return slices to gravy. Place covered roast in oven again, at 275 degrees this time, for an additional 1-1½ hours.

Mrs. A. H. High

(submitted by Mrs. Peter Storey)

*For the blessings that we know,
For the food Thou dost bestow,
Bring we, Lord, thru all our days,
Thankful hearts to sing Thy praise.*

Swedish Pot Roast

Heavily salt a 4-5 lb. bottom round beef roast. Sear on all sides in a little extra fat. Remove meat, and place 2 canned tomatoes in pan; mash. Add ½ a medium sized onion, diced fine; cook for 4 minutes. Add 1 bud garlic, diced very fine; cook for 1 minute. Add enough flour to take up the "slush," making a paste; be careful not to burn it. Add the remaining juice from the can of tomatoes, replace roast in pan, and add enough cold water to cover roast. Add 4 cloves, 1 bayleaf. Check gravy for salt, adding more if necessary. Simmer until roast is done; at least 4 hours. One cannot overdo the cooking. Roast can be reheated in some gravy for leftovers. Vegetables such as whole carrots, onions and potatoes can be added to the simmering roast the last 1½ hours.

Mrs. Donald L. Stahlfeld

Meat and Fish

Marinated Pot Roast

- | | |
|---|--|
| 4 Lbs. pot roast | $\frac{1}{2}$ Cup Wesson oil |
| $\frac{1}{2}$ tsp. each of pepper, ground
cloves, mace, allspice | 2 Tbsp. lemon juice |
| 1 Tbsp. salt (about) | 1 Tbsp. vinegar |
| 1 Large onion | $1\frac{1}{2}$ Cups tomato juice or canned
tomatoes |
| 1 or more garlic cloves | 2 or 3 bay leaves |

Wipe meat with a damp cloth. Mix all spices, then rub them into cut surfaces of the meat. Chop onion and garlic very fine, add lemon juice, vinegar and $\frac{1}{4}$ cup of oil. Pour mixture over meat, turning several times so that the meat is well covered. Let soak in refrigerator overnight. When possible, turn meat occasionally. To roast: Heat $\frac{1}{4}$ cup oil in a heavy pan (Dutch oven). Sear meat on all sides until dark brown, but be careful not to burn. Reduce heat and add liquid in which the meat was marinated, tomatoes and bay leaves. Cover. Simmer about 3 hours. Add carrots, onions and peeled potatoes 45 minutes before the meat is done. Serve with thickened gravy.

Mrs. Rose C. Ciccarelli

Teriyaki Steaks

- | | |
|---|------------------------------|
| 1 Cup soy sauce | 4 or 5 cloves garlic |
| 7 Rounding Tbsp. sugar | 2 Tbsp. chopped green onions |
| $\frac{1}{4}$ tsp. accent | 1 Tbsp. sesame seed |
| Ginger root, size of thumb,
grated or chopped fine
(or ground ginger) | 2 Tbsp. Wesson oil |

Combine all ingredients. Marinate steaks 2-3 hours and broil. This will marinate up to 5 lbs. of steak. Marinade can be stored in the refrigerator for quite a long time. Especially good for picnic steak sandwiches or skewered strips of steak.

Dorothy O'Brien

Liver

Place thin slices of calves liver in tomato puree that has been seasoned with salt and pepper, and sliced clove of garlic. Let stand for $\frac{3}{4}$ of an hour. Drain each piece slightly by holding liver above pan before dredging in flour lightly seasoned with salt. Fry quickly in iron skillet and serve hot and crisp. (My children will eat liver cooked this way!)

Emma Clark



Photo by Jack Eder

Rijsttafel

First of all, I want to explain to you what Rijsttafel stands for. Literally, it means: Rice-table; it is not an original native East Indian dish, but it is the treasure of culinary cooperation, ingenuity and taste between the Dutch and the Natives in the East Indies, as built up through centuries of close relationship.

Thus, it is clear, that hundreds of recipes evolved around a multitude of herbs and seasonings or spices, of which the correct use is decisive for the ultimate flavor of the dishes.

But, before all, everyone interested in making Rijsttafel must be able to cook rice. Rice should not be sticky, neither wet. The grains must be rigid, yet not cluttered together.

The dishes belonging to this, can be classified under 8 major groups. These are:

1. **Sajurs** (comparable to soup, always served hot). The sajurs must never be ladled out over the rice, but served in a special mug. The reason is, that the sajur would permeate the rice and in so doing pollute the basic idea of Rijsttafel; namely, that every bite is another combination of aromas or tastes.
2. **Sambelans** - Fundamentally, a sambelan is a stewed or fried concoction of vegetables, meats, fish and spices in many combinations, but always based on vegetable oil.
3. **Crisp things**, such as Krupuk, abon-abon, serundeng, empal, fried salted fish, etc.
4. **Sambals** - There are only a few recipes. The basis of each sambal is red pepper. The difference with sambelan is that a sambal is always 100 percent fresh, in other words, it is never exposed to any heat.
5. **Lalabs** - Half-boiled vegetables, in such a manner, that the vegetables are not entirely soft. The only additive is salt. It is served cold, and taken with ketjap (Chinese sauce).
6. **Is the group fresh appetizers**, such as sliced green mango, cucumber, sauer fruit and watercress.
7. **Sate's**, barbecued meat on screwers.
8. **Atjars** (ready-made pickles).

Meat and Fish

Spices Used

There are about 50 or more special roots, leaves, seeds, tuberous roots, that contain those intriguing and exotic aromas which are blended together in the dishes of the Rijsttafel, which are described in hundreds of recipes.

Here, in Aruba, we are of course limited. I will narrow down the recipes to those for which we can obtain the necessary spices. These are:

KETUMBAR — (seeds)	GULA DJAWA — brown palm sugar)
DJIENTEN — (seeds)	
LAOS — (tuberous root)	DAON DJERUK PURUT — (citrus leaves)
DJAHE — ginger (tuberous root)	ASSEM — (tamarind fruit)
KUNJIT — (tuberous root)	TRASSEE — (shrimp paste)
KENTJOOR — (tuberous root)	KEMIRIE — (a nut)
DAON SALAM — (leaves)	KETJAP — (Chinese sauce)

Fried Kruput

Put kruput in sun first

Fry kruput in deep fat fryer, pops out

Temp.: approx = french fries.

If bitterness has crept into the heart in the friction of the busy day's unguarded moments, be sure it steals away with the setting sun.

Gado - Gado

This is a vegetable dish.

Katjang pandjang - long bean	½ Cabbage
or Fresh or frozen string beans	½ Kilo fresh or can been sprouts
2 Bunches kan-kung or fresh spinach (crisp)	

Cut katjang and cook with water and salt; not too soft. From kan-kung pick leaves, cook with water and salt. Shred cabbage and cook with water and salt, also remove all roots from bean sprouts and cook as above. Place vegetables on large platter. Do not mix. Hard boiled eggs and cucumbers may also be used.

Sauce - Peanut Butter

- | | |
|-------------------------------|----------------------------------|
| ½ Onion | 2 tsp. brown sugar or gula-djawa |
| ½ Red pepper | Salt to taste |
| 4 Heaping Tbsp. peanut butter | 1 Clove garlic |
| 1-2 Tbsp. of tamarind juice | ¼ tsp. trasee |

Grind onions, garlic, pepper; add trasee. Fry in veg. oil. Add peanut butter, assam juice, sugar and salt. Add hot water till you have a nice thick gravy. Taste it. Place in bowl in middle of platter. May be served cold or warm.

Krupuk - Belindja - made from bean of tree.

Put in sun. Fry and sprinkle with salt.

Pour sauce over vegetables, crumble kruput over all.

Note: Lemon juice may be substituted for assam.

Satee Babie

- | | |
|---------------------------------------|---------------------|
| 1 Kilo raw pork meat cubed and salted | 1 tsp. brown sugar |
| 1½ Onion | 4 Cloves garlic |
| 1½ Red pepper | 5 Kemirie nuts |
| ¼ tsp. trasee | ½ tsp. grated laos |
| 1½ Tbsp. ketumbar | 1 Tbsp. djienten |
| 1 tsp. kunjit | 1 Tbsp. assam water |
| 1 Piece sereh | 4 Doan djeruk |
| | 1 Cup santen |

Grind onion, garlic, pepper, kemirie, sereh; mix with other spices. Take half to marinate over meat; other half, cook. Put meat on sticks (five pieces), leaving space between. Barbecue, adding remaining sauce.

Babie - Ketjap

- | | |
|------------------------|-----------------|
| 1 kilo fried pork | 5 Tbsp. ketjap |
| Fry in butter and cube | 3 cloves garlic |
| 2 onions | ½ Tbsp. djahe |
| 1 red pepper | |

Grind onions, garlic and pepper. Mix with djahe and fry in gravy of pork meat. Add ketjap, meat and 2 to 3 Tbsp. of water. Cook about 15 minutes or until sauce penetrates pork. Serve with rice and Sambal Ulek.

Sambal Tomaat

- 1½ Kilo green tomatoes
- 4 Cloves garlic
- 1 Piece laos
- 1½ Cup thick santen

- 1 Onion
- 1 Red pepper
- ¼ tsp. trasee
- ½ pkg. shrimp

Grind onion, garlic, pepper; mix with trasee. Fry in veg. oil. Cut tomatoes in four, add tomatoes, salt to taste and laos. Cook together. Add santen and shrimps; cook short time longer.

Agam Besengek

- 1 chicken cut in serving pieces, salted and browned in butter.
- 1 Large onion
- 1 Red pepper
- ½ Tbsp. djinten
- 5 Kemirie nuts
- 2 Tbsp. lemon juice
- 1½ Cup santen
- Handful laksa
- 3 Cloves garlic
- 1 Tbsp. ketumbar
- ½ tsp. grated laos
- ¼ tsp. trasee
- ½ tsp. white sugar
- Salt

Grind onion, garlic, pepper; mix with all spices and nuts. Fry in chicken gravy. Add chicken, santen, lemon juice and sugar. Cook together. Add laksa last.

Sajor Lodeh

- ¼ Cabbage
- 1 Can taugé (bean sprouts)
- 1 Large egg plant
- 3 Cloves garlic
- ¼ tsp. trasee
- ½ Tbsp. grated laos
- Santen of one coconut
- ½ Bunch katjang pandjang
- 1 Can corn kernels
- 1½ Onions
- 1 Red pepper
- 5 Kemirie nuts
- 3 Daon salam

Cook cabbage and beans together. Cook egg plant separately in a little salt water; add corn and bean sprouts. Grind onion, garlic, pepper and nuts; add trasee and laos. Fry in veg. oil. Add to cooked vegetables plus santen.

Cook vegetables with daon salam. Cook about 10 minutes.

This is a soup.

Rempah

- ½ grated coconut - without skin
- 1 Tbsp. finely chopped sereh
- ½ red pepper chopped fine
- 2 Daon djeruk purut (lime leaves)
- 1 Daon salam
- 2 Tbsp. assam water
- 2 Tbsp. flour
- 1 egg
- 1 tsp. salt

Mix ingredients all together. Form into balls and fry in deep fat.

Sambal - Dajing (Meat)

- | | |
|--------------------------------|---------------------------|
| 1 Kilo veal meat | 2 Onions |
| 4 Cloves garlic | 1 Red pepper |
| $\frac{1}{2}$ tsp. grated laos | $\frac{1}{4}$ tsp. trasee |
| 3 Daon salam | 3 Daon djeruk purut |
| 2 Tbsp. assam water | Sugar & salt to taste |

Fry veal meat as pork. Cube. Grind onion, garlic, pepper, add laos and trasee. Fry in meat gravy. Add meat, leaves, assam water, sugar, salt and little water. Cook together. Add santen. Liver may be used. Hot dish.

Sambal - Boontjes (Beans)

- | | |
|--|---|
| 1 pkg. or $\frac{1}{2}$ kilo French cut string beans | $\frac{1}{2}$ tsp. brown sugar or palm |
| 1 Onion | $\frac{1}{2}$ Cup santen, salt to taste |
| 1 Piece sereh | 3 Cloves garlic |
| 1 Tbsp. assam water | $\frac{1}{4}$ tsp. trasee |
| | $\frac{1}{2}$ tsp. grated laos |

Grind onion, garlic, pepper; mix with trasee and laos. Fry in vegetable oil; add beans, sereh, sugar, salt and fry together. Add little water when beans are just about soft and assam water; cook together.

Kwee - Djajung

- | | |
|------------------|--------------------------|
| 1 Cup cream corn | $\frac{3}{4}$ Onion |
| 2 Cloves garlic | $\frac{1}{2}$ Red pepper |
| 1 Egg | 3 Tbsp. flour |
| Salt to taste | |

Fry ground onion, garlic and pepper in vegetable oil; add to cream corn; add beaten egg, salt and flour. Makes thick batter. Fry in deep fat.

KWEE means cookie and Djajung - corn.

Sambal Udang Basa

(shrimp-wet)

- | | |
|----------------------------------|---------------------|
| 1 pk. shrimps-clean and deep fry | 1 Cup santen |
| 1 onion | 4 cloves garlic |
| 1 Tbsp. sereh | 1 red pepper |
| $\frac{1}{4}$ tsp. trasee | 1 tsp. grated laos |
| 2 pieces lemon rind | 2 Tbsp. assam water |

Grind onion, garlic, pepper and sereh together, add trasee and laos. Fry in veg. oil. Add santen, assam water, lemon rind and salt to taste. Cook shrimp in above gravy.

Meat and Fish

Adjar Kuning Kedimun

(vinegar-yellow-cucumbers)

- 3 cucumbers - peeled and cut into long strips
- 1 lg. onion
- 1 red pepper
- 1 Tbsp. ketumbar
- 1 Tbsp. kunjit
- ½ Tbsp. wht. sugar

- 3 cloves garlic
- ½ tsp. grated laos
- ½ Tbsp. djinten
- salt to taste
- 2 Tbsp. vinegar

Grind onion, garlic and pepper; add laos, ketumbar, djinten and kunjit. Fry in veg. oil. Add cucumbers, vinegar, sugar, salt and a little water. Cook till cucumbers are half done; slightly soft.

Telor Ketjap

- 5 Hard boiled eggs
- 2 cloves garlic
- ½ tsp. djahe
- Little water

- 1 onion
- ½ red pepper
- 4 Tbsp. ketjap

Slice eggs length wise. Grind onion, garlic, pepper and add djahe. Fry in vegetable oil; add ketjap and a little water. Pour over eggs.

Rudjak Manis

- 2 red peppers
- ¼ tsp. trasee
- 1 lg. piece gula java
- ½ Tbsp. assam water

All kinds of fruit - green
mangoes, grapefruit, pine-
apples, papaya, sour apples

Melt gula java in a little water; add trasee, assam water red peppers and about ¼ Tbsp. ketjap.
To serve - arrange fruit around centre bowl of sauce; dip fruit in sauce.

Sambal Ulek

Ulek - grind

- 6 Red peppers — without seeds
- ¼ Onion
- ¼ tsp. trasee

- 1 Kemirie nut
- ¼ tsp. salt
- ¼ tsp. sugar

Soak red peppers in cold water after removing seeds. Don't touch. Grind onions, pepper, kemirie nut; add trasee, salt and sugar. Mix well.

Note: This may be kept in your freezer indefinitely.

Bamie

- | | |
|---|--------------------|
| 1½ Kilo pork meat fried as usual
and cubed | 2 Tbsp. ketjap |
| 1½ Cabbage | 1 Bunch leeks |
| 1 Bunch green celery | 1 Tin bean sprouts |
| 1 pkg. mie (noodles) | 1 Large onion |
| 4 Cloves garlic | 1 Red pepper |
| 1 tsp. djahe | 1 pkg. shrimps |

Shread cabbage, cut leeks and celery. Grind onion, garlic, pepper; mix with djahe and fry in meat gravy. Add cabbage, leeks, celery, and fry together. (These veg. not too soft.) Add bean sprouts, meat and shrimps.

Cook mie with salt as macaroni, wash, add mie and ketjap. Fry short while.

Decorate like Nassie Goreng. Serve with lemon and ketjap.

"My voice shalt thou hear in the morning, O Lord; in the morning will I direct my prayer unto Thee, and will look up."

Psalm 5 : 3

Nassie Goreng

- | | |
|------------------------------|-------------------------------|
| 5 Teacups raw rice | 1 Tbsp. bum-bee Nassie Goreng |
| 1½ Lbs. or 1 kilo pork loin | 1 pkg. cooked shrimps |
| 3 Large red onions | salt to taste |
| 4 Cloves garlic | 1 Omelette |
| ½ Red pepper — without seeds | 1 Ounce cooked ham |
| ½ tsp. trassee | 1 Cucumber |
| 2 Tbsp. ketjap | Fried onions |

Cook rice; 1½ times as much boiling water as rice. Fry pork in butter till brown, add water and simmer 25 to 30 minutes. Cube, chop onions, garlic and peppers fine, mix with trassee and bum-bee Nassie Goreng. Fry in gravy till onions are yellowish in color, add pork, shrimp, ketjap and handful of young green onions. Mix with cooked rice; salt. Put in frying pan, fry all.

For Rijsttafel do not add salt to rice.

Make omelette:

- | | |
|--------------------------|---------------|
| 2 Eggs beaten — add salt | 2 Tbsp. water |
|--------------------------|---------------|

Fry on both sides. Roll, cut in strips. Sprinkle top with fried onions, strips ham and omelette as decoration. Peeled cucumber may be sliced around platter.

Nassie Goreng may also be made with chicken .(only).

Nassie means - rice and Goreng - fried.

**Rijsttafel Indonesian Rice Dish)
Remodelled for American Ingredients**

Ingredients for about 6 people:

- | | |
|--------------------------------|---|
| 1 Lb. ground beef or hamburger | 1 Small bottle red peppers
(to be used partly) |
| 1 Lb. raw liver | 1 Can baked beans |
| 1 Lb. onions | 1 Can sardines |
| 2 or 3 garlies | 1 Egg per person |
| 1 Lb. or 1 can whole tomatoes | 1 Cup rice per person |
| 1 Small can tomato paste | 1 Jar pickles |
| 1 Bottle soy sauce | 2 Bottles of beer per person |
| 1 Can bean sprouts | |
| 1 Can Chop Suey vegetables | |

- No. 1. Boil rice with $2\frac{1}{4}$ cup of water for each cup of rice. Keep lid on pan and use medium or small flame. When water has evaporated stir now and then, till rice is dry.
- No. 2. Cut onions fine and garlies very fine. With about $\frac{1}{4}$ of the onions and about $\frac{1}{2}$ of the ground beef make little balls and fry them in butter.
- No. 3. Cut the liver to small cubes. Fry on low flame with plenty of butter. Make gravy from the butter by adding some soy sauce.
- No. 4. Fry half of the remaining onions with half of the remaining ground beef. Mix with Chop Suey vegetables, red peppers, soy sauce, some garlic and water to a thick soup.
- No. 5. Fry part of the onions and mix with beansprouts and soy sauce. Serve when almost dry.
- No. 6. Fry the rest of the ground beef with the tomatoes.
- No. 7. Mix the rest of fried onions with the baked beans.
- No. 8. Fry sardines in their own oil with tomato paste.
- No. 9. Boil eggs hard and cut in halves.
- No. 10. Make "sambal" by mixing red peppers, garlic and tomato paste.

"I will bless thee . . . and thou shalt be a blessing."

Genesis 12 : 2



Photo by Ralf Humphreys

Eggs and Cheese

Cheese Flan with Yogurt

First make pastry shell with 8 ozs. short pastry. Grease a flan tin, line with pastry, prick well and chill for a few hours. Bake in a hot oven (425°) for about 15 minutes. When cooked, fill with the following mixture:

- | | |
|---------------------|----------------------|
| 2 ozs grated cheese | 2 Tomatoes |
| 1 Bottle yogurt | 1 Onion |
| 2 eggs | A little chopped ham |

Mix cheese, yoghurt and egg yolks together, add stiffly beaten egg whites. Spread mixture over pastry shell, cover with onion rings, tomatoes slices and chopped ham. Bake in a moderate oven 35 minutes. Good hot or cold with fresh green salad.

Patricia Wise

Egg and Cheese Puffs

- | | |
|-------------------------|-------------------------------------|
| 4 Eggs | $\frac{1}{3}$ Cup flour |
| 1 Tbsp. chopped onion | $\frac{1}{3}$ Cup sharp cheese |
| $\frac{1}{2}$ tsp. salt | $\frac{1}{3}$ Cup crisco for frying |
| 1 tsp. baking powder | |

Beat eggs and combine with onion, flour, salt, and baking powder. Add cheese which has been cut into $\frac{1}{4}$ inch cubes. Heat crisco in frying pan. Dip as much of the mixture as a large spoon will hold and drop into hot crisco. Fry golden brown on both sides.

Mrs. Dora H. Fox

Fondue Neuchatelaise

- | | |
|--|--|
| 1 Pound cheese (Emmenthaler or Gruyere, or half of each, grated) | $1\frac{1}{2}$ Ounces white wine (Neuchatel, Fendant or la Cote) |
| | 1 tsp. cornstarch |
| | $1\frac{1}{2}$ Ounce Kirchwasser |

Rub chafing dish with glove of garlic, pour in wine and heat until it starts bubbling. While stirring mixture constantly with a wooden spoon, add the grated cheese gradually. Bring to a boil until smooth. Mix Cornstarch with water and add slowly to the mixture, then boil a little longer. Add pepper and nutmeg to taste. Place the dish on a chafer and just prior to serving add Kirschwasser. Diced bread on a long wooden fork is dipped in this "fondue."

Mrs. J. E. Waasdorp

Eggs and Cheese

Tomato Cheese Rarebit

- | | |
|-----------------------------|------------------------|
| 1 Tbsp. butter or bacon fat | 1 Small onion, chopped |
| 1 Can condensed tomato soup | 4 Hard-cooked eggs |
| ½ Pound Velveeta cheese | 4 Slices toast |

Sauté onions in butter until soft. Add tomato soup. When soup is hot, add cheese either grated or cut in small pieces. Cook and stir until cheese is melted. A teaspoonful of worcestershire sauce may be added. Slice one egg on each slice of toast. Pour tomato-cheese mixture over the eggs and toast.

Jeanette Grossman

The man who is doing nothing has plenty of time to find fault with the man who is trying to do something. Rather than pointing a finger, give instead a helping hand!

Country Pie "Quiche"

- | | |
|-----------------|------------------------------|
| 1½ Cup milk | 4 Whole eggs |
| 1 Lb. bacon | ½ Lb. dried or grated cheese |
| Pinch of salt | (Swiss or American) |
| Nutmeg to taste | 1 Medium chopped onion |

Line 2 pie plates with regular pie dough. Prick bottom and sides with fork. Cut or chop bacon in small bits, fry until crisp and drain in colander. Fry chopped onions. Beat whole eggs well, add milk, salt, nutmeg. Sprinkle bacon, onions, cheese into bottom of pie plate, pour egg-milk mixture over. Makes 2 small pies. Bake in moderate oven (350°) 30-50 minutes.

Louise Keil

Scotch Eggs

- | | |
|------------------|--------------|
| 3 Eggs | 1 Egg |
| ½ Pound sausages | Bread crumbs |

Hard cook the eggs, cool and shell. Skin the sausages, flatten each on a floured board. Dry the eggs in a cloth and dip them in flour. Cover each egg evenly with the sausage meat. Brush with raw egg and dip into bread crumbs. Fry until golden brown in fat that is smoking hot. Drain. To serve, cut the coated eggs in half, slantwise, using a hot sharp knife. Serve each half on a fried round of bread with tomato sauce. To serve cold with salad, tomato wedges, also as an appetizer.

Mrs. Allen Temple

Rarebit

1 No. 2 can tomatoes
1 Small onion grated

2 Tbsp. Worcestershire sauce
American cheese

Put first 3 ingredients in a saucepan and boil down to about half the original quantity. Add American Cheese in small bits to mixture and melt until desired consistency. Serve on toasted bread or on rice.

Mrs. Ralph D. Osborn

Cheese Soufflé

Butter baking dish. Cover three slices of buttered bread with three slices of sharp cheese, mix three beaten eggs, one pint of milk, salt and pepper, and pour over bread and cheese. Bake at 350° 30 minutes.

Amber Ballard

If you were another person, would you like to be a friend of yours?

Chinese Omelet

4 Eggs
¾ Cup cooked shrimps
¼ Lb. ham
1 Large onion
1 Cup bean sprouts

Cabbage and celery
Salt
Pepper
6 Tbsp. water or bouillon
Salad oil or crisco

Cut shrimps and ham in small pieces. Chop onion and fry in crisco or salad oil. Add cleaned and chopped vegetables and water and cook until done. Mix with shrimps and ham; season to taste with salt and pepper. Spread evenly on the bottom of a frying pan. Beat eggs with salt and pour over vegetables and meat. When bottom is done, cut omelet in four pieces and turn over to cook upper side.

Sauce

6 Tbsp. bouillon or water with
bouillon cubes

3 Tbsp. tomato catsup
Cornstarch

Bring bouillon with tomato catsup to a boil. Thicken with cornstarch which has been mixed with water to form sauce. Season to taste with salt and pepper and pour over omelet.

Mrs. B. van Logchem

Eggs and Cheese

Stuffed Red Cheese

1 large size dutch red cheese, of which the inside has been scooped or grated with a fork, leaving shell $\frac{1}{2}$ " thick. Soak overnight in deep pot with cold water.

Left over cooked meat about $\frac{1}{2}$ cup (can be fresh cooked too)

Left over cooked chicken about 1 cup (can be fresh cooked too)

Left over cooked pork about $\frac{1}{2}$ cup (can be fresh cooked too)

Finely chopped

1 Tbsp. chopped onion, 1 Tbsp. chopped green pepper, 1 Tbsp. chopped celery, 1 large tomato chopped. (Pan-fry in 1 Tbsp. butter until light brown and add to chopped meats.

1 cup grated cheese, which has been saved from above cheese, $\frac{1}{2}$ cup raisins, 10 olives and a few capers (add to above mixture and mix well.

Remove cheese-shell from water, drain all water from inside, scrape outside a little and dry.

Stuff shell with this mixture and cover with top of shell (saved when you have cut it). Wrap cheese tightly in a large piece of gauze or any very fine material big enough to cover the whole shell and be tied in a knot on top.

Put in a pyrex dish (greased bottom) in moderate oven for 45 min. (until top looks brown).

Mrs. A. C. Eman

Recipe for a perfect Day

"Take a dash of water cold

And a little leaven of prayer;

A little bit of sunshine gold

Dissolved in the morning air;

Add to your meal some merriment,

A thought of kith and kin;

And then as prime ingredient:

Plenty of work thrown in.

But spice it all with the essence of love

And a little whiff of play;

Let a wise old Book and a glance above

Complete a well-spent day!"



Photo by Ralf Humphreys

Casseroles

Banana Farcies a la Quisquia (from Haiti)

- | | |
|---------------------|-------------------------|
| ¼ Kilo ground ham | 1 Clove garlic, pressed |
| ¼ Kilo ground steak | Hot pepper sauce |
| | 1 tsp. salt |

Slice plantain lengthwise and fry in butter. Mix and fry until done: Soak 4 slices white bread in milk. Squeeze milk out and mix bread with meats. Slice circles from fried plantain; arrange in baking dish and fill with meat mixture. Spread with grated cheese. Bake 20 minutes at 350°.

Margaret Gordijn

To get away from yourself, help others.

Busy-Day Chicken Casserole

Sauté ¼ cup chopped onion and ¼ cup chopped celery in a small amount of butter. Cook 2 cups egg noodles as package directs. Drain noodles and combine in casserole dish: Onion, celery, noodles, and ¼ pound grated cheese, 1 can boned chicken, 1 can cream of chicken soup. Bake at 375° for 45 minutes. Serves 5 or 6.

Mrs. H. McMillin

Chicken and Olive Casserole

- | | |
|-------------------------|-----------------------|
| 3½ Pound frying chicken | 1 Bay leaf |
| 1 tsp. salt | ½ tsp. dried tarragon |
| ½ tsp. pepper | 8 Ripe olives |
| 3 Tbsp. flour | 2 Pieces pimento |
| 6 Tbsp. butter | 4 Slices bacon |
| 1 Bouillon cube | ½ Cup Reisling wine |
| 1 Cup boiling water | |

Start oven at 325°. Cut chicken into four serving pieces. Dust chicken with flour, salt and pepper. Brown well in butter; place pieces in casserole. Stir remaining flour into skillet, add bouillon cube dissolved in boiling water, a bay leaf and Tarragon. Stir until mixture comes to a boil, add wine, pour over chicken, cover and bake 45 minutes.

Slice ripe olives and pimento and fry bacon crisp. Use these to decorate casserole just before serving. Serves 4.

Mrs. M. E. Soderston

Chicken Enchiladas (Mexico)

In
Saute
Blend in
Stir in slowly
When thickened, add

- 1 Tbsp. butter
- 3 Tbsp. finely shredded onion
- 2 Tbsp. flour
- 1 14 oz. can chicken broth
- 3 Cups commercially soured cream
- 3 Cups light sweet cream
(Table Avoset)
- 1 Tbsp. salt
- Coarsely ground pepper

Set sauce aside.

In small skillet, heat an inch of cooking oil until sizzling hot. With tongs, dip 18 canned tortillas in oil, just long enough to soften. Drain well, and lay on brown paper bags, to absorb as much oil as possible.

Cut in slivers

- 3 Cups boneless chicken
- 4 oz. can pimientos

Arrange these down the center of the tortillas. Add a tablespoon full of the sauce. Roll up like little logs, and place in large shallow casserole, with the open side tucked under. Pour the rest of the cream sauce over. Cover with foil. This may be done hours ahead of use. Heat in a moderate oven, about 30 minutes. Do not let the cream boil. It will nearly all be absorbed by the tortillas.

Serve with the following sauce, to be added to taste:

Saute
When soft add

- 1 Cup finely chopped onion
- 1 10 oz. can Ro-Tel tomatoes and
green Chillies

Pass a large bowl of finely shredded cheese. Romano or Parmesan are fine, but shred them yourself, don't buy the commercially grated.

Note: If the Ro-Tel Tomatoes and Green Chillies are not available, substitute canned tomatoes plus Jalapenas. Seed and chop the jalapenas on a paper plate with a fork and a paring knife, to avoid blistered fingers.

Kay Evans

Easy Casserole Dish

Sauté 1 medium onion, chopped, in 3 T. butter. Add, but do not brown, 1 pound ground beef, $\frac{3}{4}$ tsp. salt, and $\frac{1}{8}$ tsp. pepper. Spread 3 cups coarsely shredded cabbage in a 2-quart baking dish. Cover with meat mixture. Top with 3 more cups cabbage and pour over the top a can of condensed tomato soup. Cover and bake one hour at 350°. Makes 6 servings.

Oleta Hodges

Chicken Casserole

Place in casserole dish 1 cup raw rice. Add 2 cans soup plus $\frac{1}{2}$ can water. (Soup can be cream of mushroom, chicken gumbo, chicken with rice, or a combination of these). On top of this place chicken parts which have been dredged in seasoned flour. Cover casserole and bake 2 hours at 300°. Remove cover during the last 15 minutes to brown chicken.

Marta D. Quarles

Hot Tamale Pie

- | | |
|--------------------------------|---------------------------|
| 1 Kilo ground round steak | 2 tsp. salt |
| $\frac{1}{4}$ Kilo ground pork | $\frac{1}{2}$ tsp. pepper |
| 1 Can tomatoes (mashed) | 7 Tbsp. Chili powder |
| 1 Can tomato paste | $\frac{1}{2}$ tsp. sugar |
| 2 Onions, chopped | 1 tsp. accent |
| 2 Cloves garlic, chopped | |

Fry onions and garlic in small amount bacon fat until soft; add meat and brown. Add other ingredients and simmer 30 minutes. Make a cornmeal mush using: $2\frac{1}{2}$ cups cornmeal, 7 cups boiling water, and 1 T. salt. Line two shallow casseroles (2-quart). Save enough mush to cover top. Place this amount saved on waxed paper, roll, and cool in refrigerator. Pour meat mixture into mush-lined casseroles and top with slices of the rolled much. Bake at 350° for one hour. (Freezes well).

Mary Byington

Tamale Casserole

Melt:

- 2 Tbsp. shortening or olive oil

Cook:

- 1 Onion chopped

- 1 Clove garlic in oil for 15 min.

Add:

- 1 Cup tomatoes
1 Cup whole kernel corn
1 tsp. chili powder - or more to taste

- $\frac{1}{2}$ Cup corn meal (yellow or white)
1 Egg beaten
 $\frac{1}{3}$ Cup milk
1 tsp. salt

Cook 15 min. more. Add 1 cup chopped cooked meat of any kind. Put in greased baking dish, cover with buttered crumbs. Bake in moderate oven 350° for 30 minutes.

Dorothy Straub
Mrs. Bess Anderson

Casseroles

Hamburger Pie

1 Onion, chopped fine

2 Tbsp. fat

1 Pound ground beef

Salt and pepper

1 Can green beans

1 Can condensed tomato soup

5 Medium potatoes, cooked and
mashed

$\frac{1}{2}$ Cup milk

1 Egg

$\frac{1}{2}$ tsp. salt

$\frac{1}{8}$ tsp. pepper

Brown onion in hot fat, add meat and seasonings. Add beans and soup; pour into a greased casserole. Combine mashed potatoes, milk, beaten egg and seasoning. Spoon to form mounds on meat mixture. Bake 30 minutes at 350°. Some grated cheese may be added to the potatoes for extra flavor.

Mrs. Harry Newall

*We may live without poetry, music and art;
We may live without conscience, and live without heart;
We may live without friends, we may live without books;
But civilized man cannot live without cooks.*

*He may live without books - What knowledge but grieving?
He may live without hope - What is hope but deceiving?
He may live without love - What is passion but pining?
But where is the man who can live without dining?*

Owen Meredith

Pork Chop Casserole

6 or 8 pork chops

5 Medium potatoes

3 Medium onions

Salt and pepper

Flour

Butter bottom and sides of a round casserole dish. Sprinkle salt and pepper and flour on bottom. Slice potatoes thin. Alternate seasoning and potatoes until dish is three-quarters full; place chops on top. Fill dish $\frac{3}{4}$ full with water. Bake at 350° for 1 $\frac{1}{2}$ hours.

Mrs. Betty Chelton

A Quick, Hot Lunch

Diced leftover ham

2 Cans pork and beans

1 Can tomatoes

1 Onion, diced

Salt and pepper

Catsup

Mix all ingredients and simmer slowly. Good!

Marty Echelson

Mother's Dinner in a Dish

- | | |
|----------------------------|----------------------------|
| 3 Medium onions | 1 Can cream-style corn |
| 4 Green peppers | 2 Tomatoes or 1 cup canned |
| 1 pound ground round steak | tomatoes |
| 2 eggs | Salt and pepper |

Slice and fry onions until nearly done. Cube peppers and add; cook 5 or 10 minutes longer. Add meat, cook until redness disappears. Remove from heat, add unbeaten eggs, stirring constantly. In bottom of greased casserole put $\frac{1}{2}$ can corn, then a layer of meat mixture, another layer of corn, and another layer of meat mixture.

Top with sliced tomatoes, then cracker crumbs and dots of butter. Bake at 350° for 30 minutes.

Janet Lewis

Cause happiness wherever you go, not whenever you go.

Strips of Beef Casserole

Cut one pound round steak into $\frac{1}{2}$ inch strips. Brown in $\frac{1}{4}$ cup shortening. Add $1\frac{1}{2}$ T. chopped onion, 2 T. flour, 1 cup canned tomatoes, 1 cup water, 1-6 ounce can tomato paste, 1 T. sugar, $\frac{1}{2}$ tsp. worcestershire sauce, salt and pepper to taste. Simmer $1\frac{1}{2}$ hours. Just before serving, add 1 cup cut mushrooms and $\frac{3}{4}$ cup sour cream. Cook five more minutes. Serve with sour cream puffs: Sift $1\frac{1}{4}$ cups flour and 2 tsp. baking powder, $\frac{1}{2}$ tsp. salt. Cut in $\frac{1}{4}$ cup shortening. Moisten with $\frac{3}{4}$ cup sour cream. Pat on floured surface. Cut into $2\frac{1}{2}$ inch and one-inch biscuits; place small one on top of large one, brush with sour cream; sprinkle with sesame seed. Bake at 425° for 20 to 25 minutes.

Rice Sausage Casserole

Brown and crumble 2 pounds sausage meat (country style). Drain off fat and place in large casserole. Add: 1 bunch celery, chopped, 1 green pepper, chopped, and 1 large onion, chopped. Then pour in 9 cups boiling water, 2 cups dry rice, and 3 packages Liptons Chicken Noodle Soup. Bake at 350° for about 30 minutes covered; then remove cover and bake 40 minutes more.

Mrs. V. K. Reeve

Casseroles

Easy Lunch - Barker's Delight

- 6 oz. luncheon meat
- 3 Eggs
- 2 oz. diced mushrooms
- 1 Finely chopped onion

- 3 oz. grated cheese
- Salt, pepper, grated nutmeg
- Small cup of milk

Line a fireproof dish with thin slices luncheon meat. Whisk eggs in basin and add diced mushrooms, finely chopped onion and most of the grated cheese. Season to taste with salt, pepper and a good pinch of grated nutmeg. Stir in milk and pour mixture into meat-lined dish. Sprinkle rest of cheese over top and bake in moderate oven (375°) for about 30 minutes or until set.

Ida Rose

Spaghetti Casserole

- 1 8 oz. box spaghetti
- 1 Chopped onion
- 5 Slices of bacon
- 2 8 oz. cans tomato sauce
- 1 8 oz. can tomato soup
- 1 4½ oz. can sliced mushrooms

- 1 No. 2 can creamed corn (white)
- 1 Small can shoe peg corn
- ¼ Cup salad oil
- ¾ Lb. grated cheese
- 1½ to 2 Lbs. ground beef
- Season to taste

Boil spaghetti and drain.

Fry bacon, onion and beef until brown (use some molasses gravy). Be sure bacon is crisp, add sauce, soup, mushrooms and seasonings (garlic if desired).

Add corn oil to spaghetti. Mix everything together. Put a layer of cheese in bottom of casserole and another layer on top. Bake at 350° for about ¾ hour.

Barbara Fryback

Tuna Casserole

- 1 3-oz. pkg. cream cheese
- 1 Can condensed cream of mushroom soup
- 1 6½ oz. can tuna fish
- 1 Tbsp. chopped onion
- 1 tsp. prepared mustard

- ½ tsp. curry powder
- ¼ tsp. Worcestershire sauce
- ⅓ Cup milk
- 1 Cup raw macaroni
- ½ Cup dry bread crumbs
- 2 Tbsp. melted butter

Cook 1 cup macaroni according to directions. Drain. Soften cream cheese; blend in soup using electric or rotary beater. Stir in tuna and seasonings and macaroni. Put mixture in 1½ quart casserole. Mix the crumbs and butter and sprinkle over top. Bake at 375° F. 20 to 25 min. Makes 4-5 servings.

Mrs. John H. Rees

Tuna with Almonds

- | | |
|------------------------|-------------------------|
| 1 Can tunafish | |
| 1/2 Can red pimiento | 1/3 pkg. elbow macaroni |
| 1/2 Can peas | 1/2 Onion, diced |
| 1/4 Cup sliced almonds | 2 Tbsp. soy sauce |
| | 1 Can mushroom soup |

Cook macaroni as directed; drain. Quickly add mushroom soup, peas and 1/2 of the liquid, pimiento, almonds, onion, tunafish in pieces or mashed, and soy sauce. Place all in a 1 1/2 quart or 2 quart casserole. Add 1/2 cup milk. Cover or dust top with wheat germ or cracker meal and dot with butter. Bake 30 minutes at 350°. (Put remaining vegetables in tomorrow's soup). Serves 4.

Mrs. Gordon N. Owen

Homemade Bread

*No matter how they dress it up
Upon the grocer's shelf,
No bread can ever be as good
As what you bake yourself.*

*O wondrous smell! O crisp, brown crust!
O butter melting through!
And best of all, the happy thought,
That this was baked by YOU!*

Captain's Casserole

- | | |
|---|---|
| 1 Can cream of mushroom or
cream of vegetable soup | 1 Cup water |
| 1/2 Cup milk | 1/2 Onion, thinly sliced |
| 2/3 Cup grated Cheddar cheese | 2 6 1/2 oz. cans tunafish |
| 1 1/3 Cups minute rice | 1/4 Cup sliced stuffed olives |
| 1/2 tsp. oregano | 1/2 Cup crushed potato chips
or bread crumbs |
| 1 1-Pound can tomatoes
Dash of pepper | |

Heat soup, milk and cheese until cheese melts, stirring occasionally; combine rice, oregano and pepper in greased 1 1/2 quart shallow baking dish. Drain tomatoes, measuring 1/2 cup juice. Stir juice and water into rice. Slice tomatoes, arrange most of them on rice. Add onion, tuna and olives. Pour on sauce; sprinkle with potato chips. Arrange remaining tomatoes on top. Bake in a 375° oven for 20 to 25 minutes. Makes 6 generous and delicious servings.

Mrs. Bowen

Casseroles

Spinach and Tuna Casserole

Cook two packages of frozen spinach as directed on package.
Drain well.

Make a sauce using:

- | | |
|-------------------------------------|-----------------|
| 1/2 Stick or 4 Tbsp. oleo or butter | 1/2 tsp. salt |
| 4 Tbsp. of flour | 1/4 tsp. pepper |
| 2 Cups of milk | |

Melt butter and blend in flour. Add milk gradually, stirring constantly. Reduce heat and cook one minute longer. Add to this sauce:

- | | |
|--|---------------------------|
| 1/2 Cup of mayonnaise (do not substitute salad dressing) | 1 Tbsp. lemon juice |
| | 1/4 tsp. prepared mustard |

Mix well. Add half of this sauce to two cans of drained Tuna Fish in casserole. Mix other half of sauce with drained spinach and pour over top. Cover with cracker crumbs and dot with butter. Bake in 300 degree oven for one hour or until bubbling and topping is brown.

Kay Howdeshell

*God offers to every mind its choice between truth and repose;
Take which you please - you can never have both.*

Ralph Waldo Emerson

Tuna Casserole

- | | |
|----------------------------|---|
| 6 oz. wide noodles | 1 Small can mushrooms (sliced) |
| 1 Can tuna fish | 1 Green pepper (sliced in thin strips) |
| 1 Can cream of celery soup | 2 Tbsp. butter |
| 1/2 Onion (minced) | Pimiento & mustard (according to taste) |
| 2 Eggs (hard boiled) | |

Boil noodles until tender, drain. Combine tuna fish, soup, onion (sauteed in butter) mushrooms, green pepper, pimiento & mustard. Mix well. Combine with noodles in buttered casserole dish.

Add sliced eggs - Cover. Place in 400° oven for 30 min. Remove cover and add 1 can french fried onions as topping and return to 250° oven for 15 min.

Lillian Rimmer

Seafood Casserole for Eight

- | | |
|-----------------|----------------------------|
| 1 Can crabmeat | 3 Hard-cooked eggs, sliced |
| 1 Can lobster | 2 Cups medium white sauce |
| 1 Can tunafish | ¼ Pound grated cheese |
| 1 Can mushrooms | Buttered bread crumbs |

Butter large casserole, put in a layer of sliced eggs, cover with white sauce, add a layer of tuna and sauce, then shrimp and sauce, then mushrooms and sauce; crab and sauce, lobster and sauce. Top with cheese and buttered crumbs. Bake at 350° 30 minutes. Garnish with strips of pimento and olives.

Mary Jopling

Crab and Shrimp Casserole

- | | |
|---|-----------------------------|
| 1 Medium-sized green pepper,
chopped | ½ tsp. salt |
| 1 Medium-sized onion, chopped | ⅛ tsp. pepper |
| 1 Cup chopped celery | 1 tsp. Worcestershire sauce |
| 1 6½-ounce can shrimp | 1 Cup mayonnaise |
| 1 6 oz. can crab meat, flaked | 1 Cup buttered crumbs |

Combine ingredients except crumbs; place in individual sea shells. Sprinkle with buttered crumbs and bake in moderate oven (350°) 30 minutes, or bake in greased casserole. Serves 6.

Audrey Harris

Tuna Roll-Ups

Preheat oven to 450°.

Sift together:

- | | |
|----------------------|-------------|
| 2 Cups flour | 1 tsp. salt |
| 3 tsp. baking powder | |

Pour into measuring cup (but don't stir together):

- | | |
|------------|------------------|
| ⅔ Cup milk | ⅓ Cup Wesson oil |
|------------|------------------|

Then pour all at once into flour.

Stir with fork until mixture cleans sides of bowl and rounds up in a ball. Knead about 10 times without additional flour. Roll dough and cut into 9 squares. Spread each square with 2 T. tuna filling: 1 cup tuna, ½ cup minced celery, 1 beaten egg. Roll each square as for jelly roll. Place sealed side down on ungreased cookie sheet. Bake at 450° 10 to 15 minutes. Serve hot with mushroom, celery or chicken sauce: use one can cream of mushroom, celery or chicken soup, 2 T. chopped parsley. Garnish with parsley or paprika. Serves 6 to 9 persons.

Dee Lipstate

Morelianas (Mexican)

Mexican specialty dish from the city of Morelia, State of Michoacan.

Fry tortillas until crisp. Spread one side with mashed, fried pinto beans. On top of beans put layer of shredded lettuce. Over lettuce add shredded cooked chicken or turkey meat. Over meat put diced onions and on top of this about three slices of avocado. Sprinkle with parmesan cheese, tabasco (or diced hot peppers) and salt to taste. A very difficult thing to handle but well worth your trouble!

"Punk" Frey

Spaghetti Sauce

This recipe is a combination given to me by two women who have left Aruba — Sauce by Nina Seymour and Lasagne by Doris Johansen. When I make it I usually make about 16 qts. and freeze the sauce.

- 1 Lb. ground round steak
- 1 Can parmesan cheese
- 2 Cans American tomatoes
- 2 Cans tomato paste
- 3 Large onions
- 3 Garlic

Tabasco to taste
Crushed red peppers (can) to taste
Pinch of oregano (if you like it -
I don't)

Lee and Perrin to taste

Brown your meat in Wesson oil (olive).

BLEND in your blender all the rest of the ingredients except cheese and add to your meat. Add the cheese as it cooks $\frac{1}{2}$ can at a time. Cook at least 5 hours.

Lasagnia

- 1 Can Parmesan cheese
- 1 Jar cottage cheese

1 pkg. Mozzarella cheese

Cook noodles as directed — layer noodles, sauce — 3 cheeses and fill casserole. Use a shallow one for about 3 layers the size of noodles. Cook in oven about $\frac{1}{2}$ hr. at 350° until cheese is melted and dish is piping hot. Serve with tossed salad and hard bread. Do not be stingy with your sauce; it should be moist and not dry.

Jane Humphreys

Frankfurter Casserole

- 1 pkg. Frankfurters, diced
- 5 Hard-cooked eggs, sliced
- 1 Can mushroom soup

Dash of Worcestershire sauce
Salt and pepper

Mix all ingredients and top with grated cheese. Bake at 350° for 45 minutes.

Patty Curtiss

Baked Macaroni, Tomato and Cheese

- | | |
|---|--|
| 2 Cups of macaroni ($\frac{1}{2}$ lb.) | $\frac{3}{4}$ tsp. salt |
| 4 tsp. butter or margarine | Speck pepper |
| $\frac{3}{4}$ Cup soft bread crumbs | 2 Cups milk |
| 4 tsp. minced onions | 2 Cups grated process American |
| 2 Tbsp. butter or margarine | Cheddar cheese ($\frac{1}{2}$ lb.) |
| 1 Tbsp. flour | 2 Medium tomatoes, in $\frac{1}{2}$ in. slices |
| $\frac{1}{4}$ tsp. dry mustard | (optional) |

Cook macaroni as package directs; drain. In double boiler, melt 4 teaspoons butter, toss with bread crumbs; set aside on waxed paper. In same double boiler, combine onion and next 5 ingredients; stir in milk; then cook, stirring often, until smooth. Add $1\frac{1}{2}$ cups of cheese; stir until melted. In $1\frac{1}{2}$ qt. casserole, place half of macaroni, all but 2 or 3 tomato slices, then rest of macaroni. Pour on cheese sauce; sprinkle with rest of cheese and buttered crumbs; arrange rest of tomato slices on top. Bake at 400° F. for 20 minutes. Serves 4 to 6.

Marge Kirkman

"He did good, and gave us rain from heaven, and fruitful seasons, filling our hearts with food and gladness." Acts 15:17

Mustard Cabbage and Franks

A good lunch or supper dish.

- | | |
|--------------------------------|-------------------------|
| 8 Cups finely shredded cabbage | 1 Lb. frankfurters |
| $\frac{1}{2}$ Cup water | 1 Recepte mustard sauce |
| 1 tsp. salt | |

Place cabbage, water, and salt in saucepan; top with frankfurters; cover. Bring to a boil; cook over medium heat 12-15 minutes, or until cabbage is tender; drain.

Mustard Sauce:

Melt 2 Tbsp. butter or margarine, blend in 1 Tbsp. flour, 1 Tbsp. prepared mustard, 2 tsp. sugar, and $\frac{1}{2}$ tsp. salt. Combine $\frac{1}{2}$ cup water with $\frac{1}{4}$ cup vinegar and gradually stir into mustard mixture. Cook and stir until thick; add $\frac{1}{4}$ cup chopped sweet pickle, 2 Tbsp. mayonnaise or salad dressing and 4 dashes tabasco sauce; mix well. Serve cabbage topped with frankfurters, with sauce poured over. Makes 6-8 servings.

Ruth J. Collins

Casseroles

Paella a la Balenciana

- | | |
|---------------------------------------|--|
| 3 Tbsp. oil | 3 Red pimentos |
| 1 Pound chicken, diced | $\frac{3}{4}$ Pound whiting, cod or hake |
| 1 Pound pork, diced | 1 Pound mussels |
| 1 Onion, chopped | 1 Crayfish or lobster |
| 1 $\frac{1}{2}$ Pounds rice | $\frac{1}{2}$ Pound shrimps |
| 3 Ripe tomatoes, chopped | 1 tsp. salt |
| $\frac{1}{2}$ Pound Kidney beans | $\frac{1}{2}$ tsp. pepper |
| $\frac{1}{2}$ Pound peas (omit these) | Pinch of saffron |
| 12 Artichoke hearts | Crushed garlic (optional) |

Heat oil in deep pan and add chicken and pork. Add onion and cook until golden brown. Add tomatoes, cook for a few minutes, then add rice and simmer for 10 minutes. (Add kidney beans, peas and artichoke hearts and let these cook for a while with the meat). Add pimento and small pieces of fish or seafood. Season to taste and boil for 8 minutes, then simmer for 10 minutes more. Add saffron and rice. Measure $\frac{1}{2}$ cup water for each cup of rice and add. When rice is cooked and all the water has been absorbed, leave the paella in the oven for 5 minutes to give it a nice golden color. Let stand a few minutes before serving.

Mimi Wolfe

*"Better is a dinner of herbs where love is, than a stalled ox
and hatred therewith."*

Proverbs 15 : 17

Casserole 52

- | | |
|------------------------------|----------------------------------|
| 1 Lb. ground beef | 1 pkg. (8 oz.) noodles |
| 1 Clove garlic (minced) | 6 Scallions or small onion |
| Salt & Pepper | 2 3oz. pks. cream cheese |
| 1 tsp. sugar | 1 Box sour cream |
| 2 Cans tomato sauce (Hunt's) | $\frac{1}{2}$ Cup cheddar cheese |

Brown meat - add garlic, salt, pepper, sugar and sauce. Cover and cook for 20 minutes. Cook noodles. Chop onion and mix with cream cheese and sour cream.

In casserole put $\frac{1}{3}$ noodles, $\frac{1}{3}$ cream mixture, $\frac{1}{3}$ meat sauce, repeat. Sprinkle cheddar cheese on top.

Bake for 20 minutes (350 degrees).

Anita Kulisek



Photo by Bill Myers

Cakes

Matrimonial Cake

- | | |
|----------------------------------|--------------------------|
| 1 Cup sifted flour | $\frac{2}{3}$ Cup butter |
| $\frac{1}{2}$ tsp. baking powder | 1 Cup brown sugar |
| $\frac{1}{8}$ tsp. salt | 2 Cups rolled oats |

Sift flour, baking soda and salt together. Rub in butter, sugar and rolled oats. Spread half the crumbs in a greased 8-inch square pan. Cover evenly with cooled date filling. Cover with remaining crumbs. Bake at 325° for 30 to 40 minutes. Cool; cut in squares.

Date filling:

- 1 Pound dates, cut in small pieces
- 1 Tbsp. brown sugar
- 1 Cup cold water

Boil together until dates are soft enough to be mashed with a fork; add sufficient water to prevent scorching.

Audrey Buchanan

"Fairy" Birthday Cake

- | | |
|--|--------------------|
| 1 Cup sifted cake flour | 3 Eggs |
| 1 tsp. baking powder (2 tsp. in Aruba) | 1 Cup sugar |
| $\frac{1}{4}$ tsp. salt | 2 tsp. lemon juice |
| | 6 Tbsp. hot milk |

Sift flour, baking powder, and salt together three times. Beat eggs at medium speed on mixer until thick enough to stand up in soft peaks. Add sugar gradually, beating constantly. Add lemon juice. Fold in flour; add hot milk, then mix quickly. Turn immediately into ungreased tube pan. Bake about 35 minutes at 350°. Invert on rack and allow to cool in pan.

Eileen Turner

German Turban Mold Cake

- | | |
|---------------------------------|------------------------|
| 1 $\frac{1}{4}$ Cups sugar | 2 tsp. vanilla extract |
| 1 $\frac{1}{4}$ Cups shortening | 1 tsp. rum extract |
| 1 tsp. almond extract | 1 tsp. brandy extract |
| 2 tsp. lemon extract | |

Add 3 or 4 eggs and mix well. Sift together: 4 $\frac{1}{4}$ cups flour, 4 tsp. baking powder and $\frac{1}{8}$ tsp. salt. Add slowly to first mixture alternately with 1 $\frac{1}{2}$ cups milk. Mix well. Add $\frac{1}{2}$ jar glace fruit mix, $\frac{1}{2}$ package currants or raisins, $\frac{1}{2}$ can chopped walnuts, 6 or 8 Maraschino Cherries. Mix well and pour into greased and floured Turban Mold. Bake at 350° 60 to 70 minutes. Cool cake in mold.

Gitta May

Cakes

Orange Dream Cake

- 1 Large orange
- 1 Cup raisins
- $\frac{1}{3}$ Cup walnuts
- 2 Cups sifted flour
- 1 tsp. soda
- 1 tsp. salt
- 1 Cup sugar
- $\frac{1}{2}$ Cup shortening

- 1 Cup milk
- 2 Eggs, unbeaten
- Topping:
- $\frac{1}{3}$ Cup sugar
- $\frac{1}{3}$ Cup Cup orange juice
- 1 tsp. cinnamon
- $\frac{1}{4}$ Cup walnuts, chopped

Grind (in blender) whole orange, raisins, and $\frac{1}{3}$ c. walnuts. Sift together flour, soda, salt and 1 C. sugar. Add shortening and $\frac{3}{4}$ C. milk. Beat 2 minutes. Add eggs and remaining $\frac{1}{4}$ C. milk and beat 2 minutes more. Fold in orange-raisin mixture and pour into well-greased and floured 12x8x2 inch pan. Bake 40 to 50 minutes at 325°. For topping: drip the orange juice over warm cake. Combine $\frac{1}{3}$ C. sugar, cinnamon and $\frac{1}{4}$ C. walnuts and sprinkle mixture over cake.

Mrs. Schlepp

*Christ is before me, He will be my Guide.
Christ is behind me, no ill shall betide.
Christ is beside me, to comfort and cheer
Christ is around me, so why should I fear?*

Aunt Roon's Cake

- 3 Cups flour
- $\frac{1}{2}$ tsp. salt
- $\frac{1}{2}$ tsp. soda
- 1 tsp. cream of tartar
- 2 Cups sugar
- 6 Eggs (reserve 2 whites for icing)

- $\frac{1}{2}$ Pound butter
- 1 Cup milk
- 1 tsp. vanilla
- $\frac{1}{2}$ tsp. lemon extract
- $\frac{1}{2}$ tsp. orange extract

Sift dry ingredients together. Cream butter and add sugar slowly. Add one whole egg; then add yolks of five eggs, well beaten. Add flour alternately with milk to creamed mixture. Then fold in the well-beaten egg whites of three eggs. Add flavorings. Bake 45 minutes at 350°. Turn off heat and leave cake in oven for ten minutes longer. This cake is baked in a 9-inch tube pan. It has been a family favorite for years. Serve with comfort icing.

Eleanor Hanlon

Fireless Fruit Cake

- | | |
|----------------------------------|---------------------------|
| 1 Cup raisins | 1 Cup walnuts |
| $\frac{1}{2}$ Cup powdered sugar | 1 Cup citron |
| 1 Cup cream | $\frac{1}{4}$ tsp. nutmeg |
| 1 Cup Graham cracker crumbs | $\frac{1}{4}$ tsp. salt |

Cover raisins with hot water and let stand. Blend sugar and cream until smooth. Make the cracker crumbs as fine as possible. Drain the raisins and add to crumbs. Cut citron and nuts in fine pieces and add. Add the sugar and cream mixture, and the spices and salt. Mix thoroughly. Line a baking dish with waxed paper and pour mixture in. Place in refrigerator to chill. Serve sliced with whipped cream. Makes 8 to 10 servings.

The Dorcas Society
Seventh Day Adventist Church
San Nicolas

Pineapple Upside Down Cake

- | | |
|------------------------------|------------------------------------|
| $\frac{1}{2}$ Cup shortening | $1\frac{1}{2}$ Cups flour |
| 1 Cup sugar | 2 Eggs |
| $\frac{1}{2}$ Cup milk | 2 tsp. double acting baking powder |
| $\frac{1}{8}$ tsp. salt | |
| 1 tsp. vanilla | |

In a well buttered frying pan put 1 cup of brown sugar, and six slices of pineapple, or as many as the pan will hold. Place a cherry in the center of each slice and nuts around the sides of the slices. Over this pour the batter (pushing it to the sides so there will not be a hump in the center). Bake in moderate oven - 350 degrees.

Eve Smith

White Fruit Cake

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|----------------------------|-----------------------------------|
| $\frac{1}{4}$ Pound butter | $1\frac{1}{2}$ Cups sugar (scant) |
| 2 Eggs | |

Beat above ingredients together, then add:

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|---------------------------|---|
| $2\frac{1}{2}$ Cups flour | $\frac{1}{2}$ Cup chopped citron |
| 1 tsp. baking powder | $\frac{1}{2}$ tsp. nutmeg |
| 1 Cup raisins | $\frac{1}{2}$ Cup milk (sometimes more is required; depends on flour) |

Bake 90 minutes in waxed paper lined pan at 350°.

Ruth Watkins

Cakes

Date and Nut Cake

- 3 Cups Brazil nuts or
- 2 Cups pecans
- 1 Pound pitted dates
- 1 Cup Marachino cherries
- $\frac{3}{4}$ Cup sugar

- $\frac{3}{4}$ Cup sifted flour
- $\frac{1}{2}$ tsp. baking powder
- $\frac{1}{2}$ tsp. salt
- 3 Eggs
- 1 tsp. vanilla

Dump dates, cherries and nuts into a large bowl. Sift flour, sugar, salt and baking powder over fruit and nuts; mix well with hands until fruit is covered with flour. Beat eggs until frothy; add vanilla. Pour eggs over flour and fruit mixture; mix well. Bake in tube pan or in a loaf pan 90 minutes at 300°.

Rae Monroe - submitted by Dottie Hermansen

Five-Pound Fruit-Cake

- $\frac{1}{2}$ Pound seedless raisins
- $\frac{1}{2}$ Pound nuts, chopped
- 1 Pound mixed fruit
- $\frac{1}{2}$ Pound cherries
- $2\frac{1}{2}$ Cups flour, sifted
- 1 tsp. baking powder
- 1 tsp. salt
- 1 tsp. cinnamon

- $\frac{1}{2}$ tsp. each of allspice, cloves, and nutmeg
- 1 Cup butter
- $\frac{1}{2}$ Cup brown sugar
- 1 Cup corn syrup (light or dark)
- 4 Eggs, well beaten
- $\frac{1}{4}$ Cup fresh orange juice

Mix and sift dry ingredients. Dredge fruit with $\frac{1}{2}$ cup dry ingredients. Cream shortening, add sugar, cream until light. Add corn syrup, mix well. Add 1 cup dry ingredients, beat. Add eggs, mix, and add juice. Add fruit; fold in remaining dry ingredients. Bake in well greased pan which has been lined with waxed paper, 4 to 5 hours at 250°. Place shallow pan or water on bottom oven rack; remove during last hour.

Mrs. C. B. Shapley

Honolulu Christmas Cake

- $1\frac{1}{2}$ Lbs. pitted dates (cut lengthwise)
- $1\frac{1}{2}$ Lbs. shelled English walnut halves (leave whole)
- 2 Cups sugar

- $2\frac{1}{2}$ Cups flour
- 2 tsp. baking powder
- $\frac{1}{4}$ tsp. salt
- 2 Tbsp. vanilla
- 4 Eggs

Beat eggs until thick, add sugar, dates, nuts, and remainder of dry ingredients. Start in cold oven. Bake $1\frac{1}{2}$ hours at 275 degrees. 3 T. water may be added to make it easier to mix.

Phyllis Boyack

Baked But Easy Fruit Cake

- 3 Cups whole nuts (pecans)
- 2 pkgs. pitted, whole dates

- 1 Cup whole red or green or mixed Marachine cherries. Don't cut up anything!

Sift over fruit and nut mixture:

- $\frac{3}{4}$ Cup flour
- $\frac{3}{4}$ Cup sugar
- $\frac{1}{2}$ tsp. baking powder
- $\frac{1}{2}$ tsp. salt

Beat 3 eggs until frothy; add $\frac{1}{2}$ tsp. vanilla. Pour over fruit and flour mixture. Mix entirely by hand, dry ingredients into fruit, then work in eggs. (I beat eggs before I start, or else it's messy). Grease bread pan and line with waxed paper). Pack into pan; bake 1 hour and 45 minutes at 300°. Let cool in refrigerator before cutting; keeps well and can be sliced thin without crumbling.

Annelle Beatty - submitted by Lydia McBurney

"Yea, every pot in Jerusalem and in Judah shall be holiness unto the Lord of hosts"

Zechariah 14 : 21

Mocha Prune Cake

- 2 $\frac{1}{2}$ Cups sifted flour
- $\frac{3}{4}$ tsp. baking powder
- 1 tsp. soda
- $\frac{1}{4}$ tsp. salt
- 1 tsp. cloves
- 1 tsp. allspice
- 1 tsp. cinnamon
- $\frac{1}{2}$ Cup butter or margarine
- 1 $\frac{1}{2}$ Cup sugar
- 2 Eggs, well beaten
- 1 Cup cooked prunes, seeded and drained
- 1 Cup sour milk or buttermilk

Sift flour once, measure, add baking powder, soda, salt and spices; sift together 3 times. Cream butter thoroughly, add sugar gradually and cream together until light and fluffy. Add eggs and prunes. Add flour alternately with milk, a small amount at a time; beat well after each addition. Bake in two greased 9-inch layer pans 25 to 30 minutes at 375°. Frost with fluffy coffee frosting.

Lydia McBurney

Pound Cake

- 2 Sticks butter
- 1 Stick margarine
- 5 Eggs
- 1 pkg. confectioners sugar
- 1 Sugar-box full of sifted flour

Cream butter, margarine and sugar; add eggs one at a time; blend in flour. Bake one hour at 350°.

Mrs. Roy T. Pearson

Dutch Pound Cake

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|-----------------------|----------------------|
| 1 Pound butter | Salt |
| 1 Pound cake flour | Vanilla |
| 10 Eggs | Lemon or orange peel |
| 2½ tsp. baking powder | |

Cream butter and sugar, add eggs one at a time. Sift flour, add baking powder and salt. Stir flour mixture into creamed mixture. Add lemon and vanilla. Bake at 350° for 50 minutes. Makes 3 loaves; ideal for deepfreeze.

Wilma Van de Ven

Delicious and Quick Pound Cake

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|----------------------|------------------------------------|
| 3 Sticks butter | 1 Powdered sugar box of cake flour |
| 1 Box powdered sugar | (sifted) |
| 6 Eggs | 1 tsp. vanilla |

Cream butter well, add eggs, one at a time. Add sugar gradually and flour gradually then vanilla. Pour into greased angel food cake pan. Bake about one hour at 350 degrees.

Mrs. H. L. Young

Thrifty Pound Cake

Preparation: Have shortening or butter at room temperature. Assemble all ingredients and utensils needed. Line a 9"x5"x3" loaf pan with paper. Sift flour once before measuring. Preheat oven to 350 degrees.

Sift together:

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|------------------------------------|----------------------|
| 3 Cups sifted all-purpose flour | 1 tsp. allspice |
| ½ tsp. soda | 1 tsp. cinnamon |
| ½ tsp. double-acting baking powder | ½ tsp. ground cloves |
| ¾ tsp. salt | ½ tsp. nutmeg |

Put into large bowl of mixmaster:

- | | |
|------------------|--|
| 1 Cup shortening | 1 tsp. vanilla |
| 1½ Cups sugar | 1 tsp. lemon extract or 1 tsp. grated lemon rind |
| 4 Unbeaten eggs | |

Beat on No. 8 speed 2½ minutes. Scrape bowl while beating. Turn to No. 1 speed. Add sifted flour mixture alternately with 1 cup buttermilk. Scrape bowl while beating. Beat only enough to blend well. Pour batter into prepared pans. Bake at 350 degrees about 1 hour and 10 minutes. Turn out of pan, remove paper. Cool. Ice or serve plain, 1 cup chopped nuts or raisins may be added.

Mrs. S. Sibilo

Pineapple Icebox Cake

(Substitute frozen strawberries if desired)

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|----------------------------------|----------------------------------|
| 1/2 Cup butter | 2 Egg whites |
| 1 Cup sugar | 2 1/2 Cup graham cracker crumbs |
| 2 Eggs yolks | 1 Can crushed pineapple, drained |
| 1 Tbsp. evaporated milk or cream | 1/3 Cup pineapple juice |

Cream butter and sugar together. Beat egg yolks with cream, placing over hot water to cook slightly. When slightly thickened add to butter and sugar mixture. Add crushed pineapple and juice and fold in stiffly beaten egg whites. Line shallow pan with waxed paper (using Pyrex 6x10 makes 8 servings). Divide crumbs into three parts, mixture in half. Start cake with crumbs. (Crumbs, mixture, crumbs, mixture, crumbs). Cover tightly - allow to stand in ice box 24 hours - or prepare and store in deep freeze. Top with whipped cream.

Mary Meisenheimer

"For thou shalt eat the labour of thine hands: happy shalt thou be, and it shall be well with thee." Psalm 128 : 2

Pineapple Refrigerator Cake

Make Orange Sponge Cake:

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|--------------------|----------------------------|
| 1 Cup sifted flour | 1/3 Cup fresh orange juice |
| 1 Cup sifted sugar | 1 tsp. baking powder |
| 4 Eggs, separated | |

Beat egg whites until stiff; add egg yolks one at a time, then add sugar gradually. Add orange juice, flour and baking powder. Bake at 350° about 30 minutes.

Filling:

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|----------------------------------|---------------------|
| 1/2 Cup butter | 4 Tbsp. lemon juice |
| 1 Can crushed pineapple, drained | 4 Eggs |
| 1/2 Cup sugar | |

Beat butter and sugar until creamy; beat egg yolks in one at a time, add lemon juice and crushed pineapple.

Beat egg whites until stiff. Add 1/8 tsp. salt to egg whites; fold whites into creamed mixture.

Slice cake; alternate slices with filling in a deep dish. Leave overnight in refrigerator. Before serving, invert and spread whipped cream on top.

Passo de Paauw

Cakes

Pampuen Koek (Pumpkin Cake)

3	Packed cups cooked and mashed pumpkin	2	tsp. baking soda
		1½	tsp. baking powder
¾	Cup butter	1	tsp. salt
¾	Cup milk	2½	tsp. cinnamon
2¼	Cups sugar	½	tsp. all-spice
1¾	Cups flour	½	tsp. cloves
		½	tsp. nutmeg

Sift flour, baking soda and baking powder together, mix in pumpkin, beat eggs, mix in butter, milk, sugar and the rest. Bake one hour at 350 degrees.

Lazy Daisy Cake

2	Eggs	1	tsp. baking powder
1	Cup sugar	¼	tsp. salt
1	tsp. vanilla	½	Cup milk
1	Cup flour	1	Tbsp. butter

Beat until thick; eggs, sugar, and vanilla. Sift together the flour, baking powder, and salt and add to the first mixture, beating until well blended. Heat to the boiling point the milk and butter. Add to your mixture, beating all the time; makes a thin batter. Bake in greased square pan at 350 degrees for 30 minutes.

Icing

3	Tbsp. melted butter	½	Cup coconut
5	Tbsp. brown sugar	½	Cup chopped pecans
2	Tbsp. cream or evaporated milk		

Spread on cake while still warm and place under broiler for a few minutes.

Lou Shirley

Carrot Cake

1½	Cups water	1	Cup grated carrots
1	Cup raisins	1	tsp. cinnamon
½	Cup crisco	1	tsp. nutmeg
1½	Cups sugar		

Bring to a boil and cook 5 minutes. Cool. Add 2 cups flour, 1 tsp. soda and ½ cup chopped walnuts. Mix all ingredients well and pour into greased pan. Bake 25 minutes at 375 degrees. When cool top with either a white or caramel frosting.

Margaret Hellwig

Maple Pecan Chiffon Cake

2 $\frac{1}{4}$ Cups sifted cake flour

$\frac{3}{4}$ Cups sugar

3 tsp. baking powder

1 tsp. salt

Sift these four ingredients into mixing bowl until thoroughly mixed.

Mix in:

$\frac{3}{4}$ cups brown sugar (free of lumps and packed in firmly)

Make a well in mixture and add in order:

$\frac{1}{2}$ Cup salad oil

$\frac{3}{4}$ Cups cold water

5 Unbeaten eggs (yolks only)

2 tsp. maple flavoring

Beat with spoon until smooth or with electric beater on medium speed for 1 minute.

Measure into large mixing bowl:

1 Cup eggs whites (7 or 8)

$\frac{1}{2}$ tsp. cream of tartar

Beat until whites form very stiff peaks. Do not underbeat. Pour egg yolk mixture gradually over beaten egg whites, fold in gently just until blended. Sprinkle over top of batter and fold in gently with a few strokes - 1 cup very finely chopped pecans. Pour immediately into ungreased tube pan, large size. Bake 55 minutes in slow 325 degree oven or until top springs back when lightly touched. Turn pan upside down until cool.

Priscilla Smith

Buerschaper Cake

1 $\frac{1}{2}$ Cups granulated sugar

$\frac{3}{4}$ tsp. cream of tartar

$\frac{1}{2}$ Cup cold water

1 tsp. vanilla

6 Eggs

1 Cup cake flour

$\frac{1}{2}$ tsp. salt

Boil water and sugar until it spins a thread. Add vanilla. Beat egg whites in mixer with salt until they stand in peaks. Pour syrup on very slowly while beating continuously. Fold in beaten egg yolks. Add cream of tartar to flour and sift three times. Add sifted flour a tablespoon at a time to egg mixture, folding flour in gently. Bake in a tube pan at 325° for nearly an hour. Invert half an hour before removing cake from pan. Sift confectioner's sugar on top.

Trudi Ward

Cakes

Pound Cake

200 grams butter
200 grams flour
200 grams sugar

2 tsp. baking powder
4 Eggs
Vanilla extract

Soften the butter in the mixer, add the sugar then the flour and the baking powder. Afterwards the eggs (one by one) and the vanilla extract.

Grease the cake-pan with butter put the dough in it and place in the oven for 1 hour, 15 minutes at 275° F. Don't open the oven during baking.

Mrs. Ank Schelfhorst

Sponge Cake

6 Eggs separated
 $\frac{1}{4}$ Cup cold water
 $\frac{1}{2}$ tsp. cream of tartar
 $\frac{1}{8}$ tsp. salt

1 Cup of sifted flour
1 Cup sugar
1 tsp. vanilla

Beat egg whites, salt and cream of tartar together. Add water to egg yolks beat until light, add sugar, beat well' til light. Gradually add flour, then pour mixtures together blend gently, pour into 9 inch tube pan. Bake in 300° oven for one hour or-until done.

Mrs. W. R. Moore

The Perfect Birthday Cake

1 Cup butter
2 Cups sifted cake flour
1 tsp. baking powder
 $\frac{1}{2}$ tsp. lemon extract

$\frac{1}{8}$ tsp. salt
5 Eggs
 $1\frac{1}{2}$ Cups sugar
1 tsp. vanilla

Cream butter thoroughly. Sift flour, salt, baking powder together and add to butter a little at a time. Beat mixture until light and smooth. Beat eggs until light, add sugar gradually, beat until thick. Fold in flavoring. Add egg mixture to flour, slowly and beat until light. Pour into eight inch tube pan and bake at 325° for about an hour or until done. Pan should be greased and lightly floured. This is excellent with fruits added, such as raisins, candied cherries, citron etcetera.

Elizabeth Moore

Fresh Apple Cake

- | | |
|-------------------|---------------------------|
| 1½ Cups salad oil | 2 tsp. baking powder |
| 2 Cups sugar | 1 tsp. vanilla |
| 2 Eggs | 2½ Cups all purpose flour |
| 1 tsp. salt | 1 Cup chopped nuts |
| 1 tsp. soda | 3 Cups chopped raw apples |

Prepare apples and set aside. Measure oil into large mixing bowl. Add sugar and eggs, and beat on low speed until creamy. Sift flour and measure, sift again and also salt, soda and baking powder. Add a small amount of the flour mixture at a time to creamed mixture. Beat well after each addition. When all flour has been added or when batter becomes very stiff, remove beaters. Fold in chopped pecans and raw apples. Spread evenly in 9x13" cake pan lined on bottom with waxed paper. Bake at 350 degrees for about 1 hour. Turn onto cake rack and frost when cool with caramel frosting.

This cake is very good served warm - uniced.

Margaret Brewer

Pancake

- | | |
|-----------------------|--------------------------|
| 1½ Cup chestnut flour | 2 Tbsp. currants |
| ¼ tsp. salt | 2 Tbsp. seedless raisins |
| 2 Tbsp. olive oil | ¼ tsp. rosemary |
| 1½ Cup boiling water | 2 Tbsp. pine nuts |

Preheat oven to 375 degrees. Mix flour, salt, oil and boiling water, and stir well until smooth. Fold in currants and raisins. Pour batter into a 9" pie pan, sprinkle with pine nuts and rosemary and bake at 375 degrees until top is crisp, about 45 minutes. Slice and serve hot. Serves 6.

Mrs. Van Gaalen

Banana Cake

- | | |
|--------------------|----------------------------------|
| 3 Ripe bananas | 2 Cups of flour |
| 1 Cup of sugar | ½ Cup of nut meats |
| ½ Cup of crisco | 1 tsp. of soda |
| 1 Egg | 1 tsp. of baking powder in flour |
| 1½ tsp. of vanilla | 2 tsp. of milk (sweet or sour) |

Mash bananas with a fork and add milk and soda. Cream sugar and crisco, add egg then banana mixture - flour, nuts, and vanilla. Bake in a loaf pan for one hour at 300°.

Nell Deese

Cakes

Applesauce Cake

(Sift all these ingredients together).

- | | |
|----------------------------------|---------------------------|
| 1 $\frac{3}{4}$ Cups bread flour | $\frac{1}{4}$ tsp. cloves |
| 1 tsp. soda | $\frac{1}{2}$ tsp. nutmeg |
| $\frac{1}{4}$ tsp. salt | 1 tsp. cinnamon |

Mix $\frac{1}{4}$ cup flour with 1 cup chopped nuts and 1 cup raisins. Cream together $\frac{1}{2}$ cup shortening and $\frac{3}{4}$ cup sugar. Add 2 eggs and cream all together until light and fluffy. Add sifted dry ingredients alternately to creamed mixture with 1 cup applesauce (sweetened). Stir in the floured nuts and raisins and blend. Pour into pan (10 in. tube pan) and bake in moderate oven, 325° about one hour, or until it springs back.

Mrs. Ralph D. Osborn

Chocolate Cake

(2 ten inch layers)

- | | |
|---------------------|-------------------------------|
| 2 Eggs unbeaten | 1 tsp. salt |
| 3 Cups sifted flour | 1 Cup salad oil |
| 1 Cup sifted cocoa | 1 Cup sour milk |
| 2 Cups sifted sugar | (add 2 Tbsp. vinegar) |
| 2 tsp. baking soda | 1 Cup hot water (not boiling) |
| 2 tsp. vanilla | |

Place all ingredients except hot water in large mixing bowl. Stir with rubber spatula until blended. Add hot water. Beat in mixer 1 minute at high speed, using spatula to blend. Pour into greased layer pans. Bake at 350 F., 30-40 minutes.

Mrs. O. M. Lasser

Wellesley Fudge Cake

Cake Mixture

- | | |
|--------------------------|------------------------------|
| $\frac{1}{2}$ Cup butter | 2 Eggs |
| 1 Cup sugar | 1 tsp. soda |
| 2 Cups sifted flour | $\frac{1}{2}$ Cup sweet milk |

Chocolate Mixture

Cook 1 squares of chocolate, $\frac{1}{2}$ cup sugar, 1 cup milk until thick, add 2 teaspoons vanilla, cool, then add to cake mixture.

Bake in moderate oven about thirty minutes.

Top with your favorite icing.

Mrs. Tom Lucas

Chocolate Mayonnaise Cake

Sift together:

- | | |
|-----------------------|---------------|
| 2 Cups flour | 4 Tbsp. cocoa |
| 2½ tsp. baking powder | 1 Cup sugar |
| 1½ tsp. soda | |

To this mixture add:

- | | |
|----------------------------|----------------|
| 1 Cup water | 1 tsp. vanilla |
| 1 Cup Hellman's mayonnaise | |

Pour into an 8-inch square baking pan and bake at 350° 45 minutes. When cool in pan, frost with:

- | | |
|-------------|----------------|
| 1 Cup sugar | ¼ Cup milk |
| ¼ Cup cocoa | 1 tsp. vanilla |

Bring to a rapid boil and cook one minute. Add one cup pecans; pour over cake in pan.

Lou Shirley

Chocolate Cake

Beat together in mixer:

- | | |
|--------------|---------------|
| ¾ Cup crisco | 1½ Cups sugar |
|--------------|---------------|

Add to above mixture, one at a time:

- 2 Eggs

Sift together:

- | | |
|----------------------------|-------------|
| 2 Cups cake flour (sifted) | ½ Cup cocoa |
|----------------------------|-------------|

Mix together in measuring cup and alternate with flour-cocoa:

- | | |
|-----------------------|--------------------|
| ½ Cup evaporated milk | 1 tsp. baking soda |
| 1 Tbsp. vinegar | |

Add last ½ cup boiling water and 1 tsp. vanilla. Bake at 350 degrees for about 30 minutes. Grease pan only slightly.

Rich Chocolate frosting:

- | | |
|------------------------------------|-----------------------------|
| 4 Tbsp. butter | 1 Tbsp. milk (about) |
| 1 Unbeaten egg | Dash of salt |
| 2½ Cups sifted confectioners sugar | 2½ Squares melted chocolate |
| 1 tsp. vanilla | |

Cream butter well. Add egg and blend. Add sugar alternately with milk beating well. Add salt, chocolate and vanilla and beat until smooth.

NOTE: Be sure melted chocolate is slightly cooled before adding to butter, egg, milk, and sugar mixture.

Jeanne Switzer

Chocolate Cream Roll

- | | |
|------------------------|------------------------------------|
| 4 Tbsp. cake flour | 4 Egg whites, stiffly beaten |
| 4 Tbsp. cocoa | 4 Egg yolks beaten until thick |
| 1/2 tsp. baking powder | 1 tsp. vanilla |
| 1/2 tsp. salt | 1 Cup cream, whipped and sweetened |
| 1/2 Cup sifted sugar | |

Sift flour, cocoa, baking powder and salt three times. Fold sugar gradually into egg whites. Fold in egg yolks and vanilla. Fold in flour-cocoa mixture gradually. Pour into 13x10 inch pan which has been greased and lined with greased waxed paper. Bake at 400° F. 15 minutes. Turn from pan on a waxed paper, remove the greased waxed paper and roll as for jelly roll. When cold unroll it and spread with whipped cream.

Mrs. Landrum

Chocolate Cream Roll

- | | |
|---------------------------|---------------------|
| 1/2 Cup sifted cake flour | 1 Tbsp. lemon juice |
| 1/2 tsp. salt | 3 Eggs, separated |
| 4 Tbsp. cocoa | 1 Cup sifted sugar |

Sift flour, salt and cocoa together 4 times. Add lemon juice to beaten egg yolks and beat with rotary egg beater until thick enough to hold a soft peak. Beat egg whites until stiff but not dry. Fold in sugar in small amounts, then fold in egg yolks. Fold in flour mixture in small amounts. Pour into large shallow pan lined with paper and bake 15 minutes. (350°). Turn out onto towel, cut off crust, roll and cool. Unroll and spread with sweetened whipped or ice cream. Reroll, chill and slice.

Mrs. J. Sine

Addie Newton's Never Fail Cake

- | | |
|--------------------------|-----------------------|
| 1 Egg | 1/2 Cup sour milk |
| 1/2 Cup cocoa | 1 tsp. soda |
| 1 Stick margarine melted | 1 tsp. vanilla |
| 1/2 tsp. salt | 1 Cup sugar |
| 1 1/2 Cups regular flour | 1/2 Cup boiling water |

Put all ingredients in bowl in order given. Do not mix anything until all ingredients are added, then beat well. Place in flat cake pan which has been greased and dusted with flour. Bake 15 to 20 min. in 350 oven.

This cake is a dandy for mothers with teenagers that spring that last minute party.

Emily Fuller

Cherry Confetti Cake

- | | |
|----------------------|-----------------------------------|
| 3 Cups flour | 1 tsp. almond extract |
| 2 tsp. baking powder | 4 Eggs |
| 1 tsp. salt | 1 Cup milk |
| 1 Cup shortening | $\frac{1}{2}$ Cup chopped almonds |
| 1 Box powdered sugar | 1 Cup Maraschino cherries (cut) |

Sift dry ingredients together. Cream shortening and sugar; blend in extract and eggs, one at a time. Add milk to creamed mixture alternately with dry ingredients. Fold in nuts and fruit.

Bake in tube cake pan at 350° for 60 to 65 minutes. While still warm, spread top and sides with butter and sprinkle with cinnamon and sugar.

Mrs. J. Oran Johnson

*A man can own uncounted gold
And land and buildings tall
But love is just to give away
It can't be owned at all.*

Blueberry Upside-down Cake

- | | |
|--------------------------------------|------------------------------------|
| 3 Tbsp. butter | 2 tsp. double acting baking powder |
| $\frac{1}{3}$ Cup brown sugar | $\frac{1}{4}$ tsp. salt |
| $1\frac{3}{4}$ Cup fresh blueberries | $\frac{3}{4}$ Cup granulated sugar |
| 1 Cup broken pecans | $\frac{1}{4}$ Cup butter |
| $\frac{1}{2}$ tsp. grated lemon rind | 1 Egg, unbeaten |
| 2 tsp. lemon juice | $\frac{1}{2}$ Cup milk |
| $1\frac{1}{3}$ Cps sifted cake flour | 1 tsp. vanilla |

Melt butter in an 8"x8" pan, add brown sugar and mix. Arrange blueberries, pecans, lemon. Cream butter, add dry ingredients, egg, milk, and vanilla. Pour over blueberries. Bake 350° for 50 min. Cool 5 minutes. May serve with whipped cream.

(When using canned blueberries, drain very well).

Dot Shapley

"And Jesus said unto them, I am the bread of life: he that cometh to me shall never hunger; and he that believeth on me shall never thirst."

John 6 : 35

Cakes

Angela's Easy Wedding Cake

1 Cup butter
2 Cups sugar
4 Eggs
1 Cup milk
3 Cups flour

4 tsp. baking powder

1 tsp. vanilla

1 tsp. almond or rose extract

THIS IS ONE RECIPE; YOU
NEED TWO.

This cake should be baked the day before the wedding. Assemble enough ingredients for 2 recipes, and have pans greased and lined with wax paper before starting to bake. Cream butter and sugar, and add eggs 1 at a time, beating well after each addition. Add milk and beat. Sift flour, measure, and resift, with baking powder. Add to creamed mixture, add flavoring, and beat 2 minutes. Pour batter into 12" torte pan greased and lined with waxed paper. Bake in moderate 350 degree oven 60 minutes, remove from oven and cool in pan 5 minutes. Turn cake out of pan, peel off waxed paper, and place on large round cake plate covered with lace doily. Ice sides with butter frosting. Make the batter again, following the same directions. Grease 3 round pans, one 10", one 8", and one 6", and line them with waxed paper. Fill each pan about two-thirds full of batter, and bake in moderate 350 degree oven 30 minutes. Remove from oven, and proceed as with first tier. Frost the sides of each layer with butter frosting, and also the top of the last tier. Keep the layers separate.

Butter Frosting

½ Cup butter
Juice of 1 lemon

4 Cups sifted confectioner sugar

Cream butter and sugar, gradually add lemon juice, until frosting is of spreading consistency. This amount will cover all layers. On the day of the wedding, prepare filling and decorative frosting.

Filling

2 pkgs. prepared vanilla pudding 1 Tbsp. rum

Follow directions on pudding pkg., then add rum.

"Behold, I stand at the door and knock: if any man hear my voice, and open the door, I will come in to him, and will sup with him, and he with me."

Revelation 3 : 20

Decorative Frosting

8 C. sifted confectioner's sugar
6 Egg whites, slightly beaten

Juice of one lemon

Sift sugar into a bowl. Make a well in sugar and put slightly beaten egg whites into it, add lemon juice a little at a time, beating constantly until smooth. Add only enough juice to make frosting easy to beat. Beat with an electric mixer at low speed 10 minutes, until a spoon inserted into the frosting stands up straight without falling over. Cover the bowl with a damp cloth until you are ready to use the icing. To put the cake together, spread vanilla filling on bottom tier. Set 10" tier in place, spread this with filling, then put on the 8" tier, spread with filling, and then the 6" tier on top. Frost the top of the 6" tier with frosting. Reserve a little amount of frosting, and use the rest to decorate the edges of each layer, using a cake decorator. Cut off the stems of 4 white roses or daisies, leaving about an inch. Dip the stems into the portion of reserved frosting, and insert miniature bride and groom in the center of the top tier.

Mrs. Van Gaalen

Cheesecake

Crumb crust: Combine $1\frac{1}{2}$ cups finely crushed graham crackers or Zwieback, $\frac{1}{3}$ cup sugar, and $\frac{1}{3}$ cup melted butter. Press evenly on sides and bottom of lightly buttered 9" spring form pan. Bake at 350 degrees for 10 minutes. Cool.

Filling:

1 Pound cream cheese	1 tsp. vanilla
1 Cup light cream	1 tsp. grated lemon rind
$\frac{3}{4}$ Cup sugar	1 Tbsp. lemon juice
2 Tbsp. flour	4 Eggs
$\frac{1}{4}$ tsp. salt	

Allow cheese to stand at room temperature until soft. Cream and gradually blend in cream, beating until very smooth. Blend in sugar, flour, salt, vanilla, lemon rind and juice. Separate eggs, beat whites until stiff. Beat yolks lightly and blend into cheese mixture. Fold in egg whites. Bake at 350 degrees for 1 hour. Turn off heat open door of oven and let stand $\frac{1}{2}$ hour. Remove from oven and cool completely before removing sides. Chill before serving.

Mrs. William Casey

Cakes

Cheese Cake

3 - 8 oz. pkgs. of cream cheese
4 Eggs
1 Cup of sugar

1 tsp. of vanilla
1 lemon, juiced

Mix all ingredients together and put in graham cracker pie shell. Bake for 12-15 minutes in 350° oven. If cheese starts to rise before that time, take out of oven immediately.

Mix 1-8 oz. jar of sour cream with sugar and vanilla to taste, pour over the cheese and cook for 5 minutes at 500 degrees.

Chill for 6 hours at least.

Fran Garber

Harvest Moon Cake (Prune Cake)

2¼ Cups sifted enriched all purpose flour
2¼ tsp. baking powder
¾ tsp. baking soda
1 tsp. salt
½ Cup crisco

½ Cup margarine
1½ Cups granulated sugar
3 Medium Eggs, unbeaten
¾ Cup sour milk or buttermilk
1¼ tsp. vanilla
1¼ Cups finely cut, cooked prunes

Heat oven to 375°, grease and line flat or layer pans. Sift together first four ingredients. Cream shortening and margarine, add sugar and then eggs, mix until very light and fluffy. At low speed beat in alternately until just smooth flour mixture and sour milk combined with vanilla. Stir in prunes with spoon and pour in pan. Bake 35 to 40 minutes or just until it starts to pull away from sides of pan. If cake is baked too long it is rather dry. Use whipped cream or other frosting if desired. I use it just plain.

Hazel Goodwin

Eggwhite Cake

6 Whites of Eggs
1½ Cup flour (sifted)
¼ Cup sugar

¼ Pound butter (melted)
1 tsp. baking powder
½ Cup raisins

Beat the egg whites until stiff, add the flour, the sugar and the butter, then baking powder and raisins. Put in greased cake form, bake in moderately warm oven for about one hour (325°) and serve cold.

(From: Wereldrecepten voor de Hollandse Keuken, M. Wittop Koning.)
Annemarie de Heer

Tea Cake

- | | |
|--|--|
| $\frac{3}{4}$ Cup butter or shortening | 1 tsp. cinnamon |
| 2 Cups light brown sugar | 1 Cup buttermilk |
| 3 Eggs | $1\frac{1}{2}$ tsp. soda |
| $2\frac{1}{2}$ Cups sifted all-purpose flour | $1\frac{1}{2}$ Cup seedles raisins (cut-up)
or currants |
| $\frac{1}{2}$ tsp. salt | $\frac{1}{2}$ Cup chopped nuts |
| 1 tsp. nutmeg | |
| 1 tsp. cloves | |

Cream shortening until fluffy and beat in sugar and eggs. Pour buttermilk into a bowl and stir in the soda. Combine sifted dry ingredients. Stir dry ingredients into the egg mixture alternately with the buttermilk. Stir in raisins or currants and nuts. Pour batter into a greased 9 inch cake pan that is 2" or more deep. Bake in a preheated oven 325 degrees F. for 1 hour, or until cake tests done. Turn out on cake rack to cool. The cake can be served with a dusting of confectioners' sugar or sliced and topped with whipped cream.

Mrs. Stella A. Mundt

Hungry Cake

- | | |
|---|---------------------------|
| 2 Cups light brown sugar | $\frac{1}{2}$ tsp. cloves |
| $\frac{1}{2}$ Cup butter | $\frac{1}{4}$ tsp. nutmeg |
| 2 Egg yolks | $2\frac{1}{2}$ Cups flour |
| 1 Cup sour milk with 1 tsp.
soda dissolved in it | |

Makes 3 layers. 350° F. About 30 min.

Filling

- | | |
|-------------|-------------------------|
| 1 Cup sugar | $\frac{1}{4}$ Cup water |
|-------------|-------------------------|

Boil together till threads without stirring - then add 1 cup chopped raisins and 2 egg whites beaten stiff.

Ruth Watkins

A simple, always moist Spice Cake

Mix and sift:

- | | |
|--------------------|-------------------------|
| 2 Cup flour | 1 tsp. nutmeg |
| 1 tsp. baking soda | 1 tsp. cloves |
| 1 tsp. cinnamon | $\frac{1}{4}$ tsp. salt |

Cream 4 T. butter with $\frac{1}{2}$ c. sugar. Add $\frac{1}{2}$ c. molasses (+ 1 egg if desired), 1 c. sour milk and then the sifted mixture. Bake in 8" sq. pan about 30 min. at 350°. Frost when cool with vanilla butter frosting or serve warm with hard sauce.

R. C. Bergfield

Walnut Cream Roll

- 4 Egg whites
- $\frac{1}{2}$ tsp. salt
- 1 tsp. vanilla
- $\frac{1}{2}$ Cup sugar
- 4 Eggs yolks

- $\frac{1}{4}$ Cup sifted flour
- $\frac{1}{2}$ Cup chopped walnuts
- 1 Cup heavy cream, whipped and sweetened

Beat whites with salt and vanilla till soft peaks form. Gradually beat in sugar. Beat yolks till thick and lemon-colored. Fold yolks into whites; carefully fold flour and nuts into this mixture. Line bottom and sides of $15\frac{1}{2} \times 10\frac{1}{2} \times 1$ -inch jelly-roll pan with waxed paper. Spread batter evenly in pan. Bake in moderate oven (375) 12 minutes or till cake springs back when lightly touched. Cool 5 minutes; loosen sides of cake and turn out onto towel sprinkled with sifted confectioners' sugar. Peel off paper; cool to lukewarm. Starting at narrow end, roll cake and towel together; cool on rack. Unroll; spread with whipped cream. Reroll cake and chill. Garnish top of cake with more whipped cream and nuts or grated semi-sweet chocolate.

Emily Fuller

Spice Cake

(Excellent for large groups)

8x12 inch sheet pan - oven 350° - 45-50 minutes.

- | | |
|---------------------------|---------------------------|
| 1 Cup shortening | $\frac{1}{4}$ tsp. cloves |
| 2 Cups sugar | 1 tsp. cinnamon |
| 2 Eggs | 1 tsp. allspice |
| 3 Cups all-purpose flour | 2 Cups buttermilk |
| (sifted before measuring) | 2 tsp. soda |
| 4 tsp. cocoa | |

Cream shortening and sugar until light and fluffy. Add eggs and beat until thoroughly blended. Sift flour with cocoa and spices. Add dry ingredients and buttermilk, to which the soda has been added, to the shortening mixture. Beat only until ingredients are well blended. Do not overbeat. Bake in well-greased and floured pan. Remove from pan immediately. Cool on wire cake racks

Icing for Spice Cake

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|-----------------------------|--|
| 6 Tbsp. butter or margarine | $1\frac{1}{2}$ Cups confectioner's sugar |
| $\frac{1}{2}$ Cup sugar | $\frac{1}{2}$ tsp. vanilla |
| $\frac{1}{2}$ Cup milk | $\frac{1}{4}$ tsp. salt |

Melt butter; add brown sugar and milk. Bring mixture to a boil and cook for 2 minutes. Remove from heat and cool. Beat in confectioner's sugar, vanilla and salt. The texture is greatly improved by using an electric mixer.

Welsh Cakes

- | | |
|----------------------------|----------------------|
| 10 Ozs. flour | 3 Ozs. currants |
| 3 Ozs. butter or margarine | 1 Lemon |
| 1 Oz. crisco | 1 tsp. baking powder |
| 2 Eggs | Milk |
| 3 Ozs. sugar | |

Rub fats into sifted flour, add currants, grated lemon rind. Dissolve sugar in 2 tablespoons warm milk. Add yolks of eggs, lemon juice. Mix this with dry ingredients and beaten whites of egg. Knead dough, roll. Cut into rounds. Cook in greased pan, on medium heat 4-5 mins. Turn often.

Dorothy Roberts

"And into whatsoever city ye enter, and they receive you, eat such things as are set before you."

Luke 10 : 8

Swirl-Top Cheese Cake

Crust:

- | | |
|-----------------------------------|---------------------------------------|
| 2 Cups fine Graham cracker crumbs | $\frac{1}{2}$ tsp. cinnamon |
| $\frac{1}{2}$ Cup sugar | $\frac{1}{8}$ tsp. nutmeg |
| | $\frac{1}{2}$ Cup margarine or butter |

Combine crumbs, sugar and spices, cut in butter until blended. Press evenly on bottom and sides of heavily buttered 9" or 10" spring-form. Chill.

Filling:

- | | |
|--------------------------------|----------------------------|
| 1 Square unsweetened chocolate | 1 tsp. vanilla |
| 2 - 8 ounce pkgs. cream cheese | 1 Tbsp. grated orange peel |
| 1 Cup sugar | 1 Tbsp. orange juice |
| 6 Eggs, separated | 1 Cup whipping cream |

Melt chocolate over hot water. Meanwhile blend cream cheese and sugar until light. Add egg yolks one at a time, beating well after each addition; stir in vanilla, orange peel and juice. Beat egg whites until stiff; spoon into cheese mixture. Whip cream; fold with egg whites into cheese mixture until well blended. Spoon $\frac{1}{3}$ of the filling into crumb lined pan - trickle a little of the chocolate over surface; swirl lightly into filling with the tip of a knife. Repeat twice more, ending with chocolate. (Take care that the chocolate is added in a fine stream to avoid bitter spots). Bake one hour at 300°. Turn off heat and leave cake in oven one hour longer. Remove from oven, cool at room temperature, then chill. Center will sink somewhat during chilling. When cold, loosen crust around sides of pan, release spring and remove from pan. Serves 12 to 16.

Frieda Bagwell

Cakes

Comfort Icing

- | | |
|------------------------|--------------------------|
| 1½ tsp. vanilla | ¾ Cup water |
| 2½ Cups sugar | 2 Egg whites (from cake) |
| ¼ Cup white corn syrup | |

Mix sugar, corn syrup and water together. Boil without stirring until it spins a thread (234°). Then add to well-beaten egg whites and beat until it holds its shape, about 15 minutes. Add vanilla. In summer-time, a little confectioners sugar was added to help icing hold shape.

Eleanor Hanlon

Caramel Frosting

- | | |
|--------------------------------------|----------------------|
| 1 Stick butter | 2 Tbsp. milk |
| ½ tsp. salt | Confectioners' sugar |
| 1 Cup firmly packed dark brown sugar | |

Measure butter, salt, milk and brown sugar into small saucepan. Heat lightly just to melt butter. Mix until sugar dissolves. Add enough sifted confectioners' sugar to make of right consistency to spread. This frosting may be frozen on the cake if you like.

Margaret Brewer

Broiled Icing

- | | |
|---------------------|--------------------|
| 6 Tbsp. soft butter | ½ Cup chopped nuts |
| ¾ Cup brown sugar | 1 Cup coconut |
| 4 Tbsp. cream | |

Blend and spread on warm cake; place under broiler until bubbly.

Lucille D. Holly

Color Vision Icing

Mix in top of double boiler:

- | | |
|---------------------------|--------------------------|
| 2 Unbeaten egg whites | 4 Tbsp. water |
| 1 Cup granulated sugar | ⅛ tsp. salt |
| ½ pkg. jello (any flavor) | 1½ tsp. white Karo syrup |

Place over boiling water and beat with electric mixer on high speed until icing holds stiff peaks. Remove from over boiling water and beat about one minute longer. Enough for 2-9 inch layers.

Mattie Burbage



Photo by Ralf Humphreys

Cookies

Soenchi (kisses)

- Whites of 3 eggs, beaten stiff 1 Cup sugar
1 Tbsp. cornstarch

Combine in given order. Remove the lid of the kettle, set the bowl in the kettle and stir for 15 minutes. Add 2 cups of grated coconut if desired. Otherwise drop plain on buttered paper. Brown in very slow oven.

From Woman's Club Cookbook,
published in 1945

Pineapple Cookies

- | Mix together well: | To this add: |
|------------------------------|---------------------------------|
| 1 Cup shortening (margarine) | 1 Cup drained crushed pineapple |
| 1 Cup white sugar | 1 Cup nuts |
| 1 Cup brown | 4 Cups flour |
| 2 Eggs | 1 tsp. soda |
| 1 tsp. vanilla | 1 tsp. baking powder |
| $\frac{1}{2}$ tsp. salt | |

Drop by teaspoonsful onto greased cookie sheet and bake at 350° until lightly browned. Ice with: 2 cups sifted confectioners sugar, 2 Tbsp. butter, pineapple juice to moisten.

Joyce Nelson

Oatmeal Bars

- | | |
|---|--|
| $\frac{1}{2}$ Cup shortening | Few grains salt |
| $\frac{3}{4}$ Cup firmly packed brown sugar | $\frac{3}{4}$ Cup milk |
| 1 Cup flour | 1 Cup rolled oats |
| $\frac{1}{2}$ tsp. baking powder | $\frac{3}{4}$ Cup chopped seedless raisins |

Cream together shortening and sugar. Sift together flour, baking powder and salt; add alternately with milk to creamed mixture. Add oats and raisins; mix well. Spread in greased pan 8"x8"x2". Bake in moderate oven (350 degrees) 45 min. Cool; cut in bars.

Mrs. Louis D. Dittle

Chocolate Chips

- Combine and melt in double boiler: 3 Tbsp. peanut butter
Add: 3 cups corn flakes 1 pkg. chocolate chips

Drop from teaspoon onto waxed paper. Let stand 48 hours.

Jean Sills

Oatmeal Peanut Butter Cookies

- | | |
|-----------------------------|-----------------|
| 1½ Cups raisins or currants | ½ tsp. salt |
| Boiling water | ¾ tsp. soda |
| 1 Cup butter or margarine | 2 tsp. cinnamon |
| 2 Cups sugar | 5 Tbsp. milk |
| ½ Cup peanut butter | 2 tsp. vanilla |
| 3 Eggs, well beaten | 1¼ Cups oatmeal |
| 3 Cups flour | |

Pour boiling water over the raisins, let stand 5 minutes, then drain and pat dry with paper towels. Cream butter and sugar together thoroughly. Blend in the peanut butter. Add the beaten eggs and mix well. Sift flour, measure, and sift with salt, soda, and cinnamon. Blend flour into the creamed mixture along with the milk. Stir in vanilla, rolled oats, and raisins. Drop by teaspoonsful onto a ungreased cookie sheet. Bake in a moderately hot oven (375°) about 15 minutes. Makes about 8 dozen medium sized cookies.

Mrs. R. F. Martin

Chocolate Bits and Graham Cracker Cookies

- | | |
|------------------------------|-------------------------------|
| 2 Cups Graham cracker crumbs | 1 pkg. chocolate bits (6 oz.) |
| 1 Can condensed milk | 1 tsp. vanilla |

Mix above ingredients together. Place in well greased 8" square pan and bake 30 minutes at 350 degrees. Makes approx. 16 squares.

Debby Cooke

Brandy Snaps

- | | |
|---------------------------|----------------------------|
| 2 oz. butter or margarine | 2 oz. plain flour |
| 2 oz. golden syrup | ¼ Level tsp. ground ginger |
| 1 oz. caster sugar | Whipped cream |

Measure butter or margarine, syrup and caster sugar into small pan. Heat gently, stirring until fat is melted and mixture is thin. Sift flour with ground ginger and stir into hot mixture until quite smooth and well blended.

Drop mixture from small teaspoon on to well-greased baking sheets. Allow plenty of space between snaps, as they will spread while cooking. Bake in hot oven (400°) for about 7 mins. or until golden brown.

Lift snaps carefully, one at a time from baking tray with palette knife. Quickly roll each one round greased handle of wooden spoon. Remove at once and roll on wire rack. Serve plain or filled with whipped cream.

Ida Rose

Chocolate Oatmeal Cookies

- | | |
|-----------------------------------|-----------------------------|
| 1 Cup pastry or all-purpose flour | 1 Egg, well beaten |
| 1 tsp. baking powder | 2 Squares chocolate, melted |
| $\frac{1}{2}$ tsp. salt | 1 tsp. vanilla |
| $\frac{1}{2}$ Cup shortening | 1 tsp. almond flavoring |
| 1 Cup sugar | 1 Cup quick-cooking oatmeal |

Sift together flour, baking powder, and salt. Cream shortening with sugar. Beat in egg, chocolate, and flavorings. Stir in flour and oatmeal.

Arrange by teaspoonsful on buttered cookie sheet. Flatten with a knife dipped in water. For very delicate cookies, flatten until the cookies are almost paper thin - a slow task but a rewarding one. Bake at 350° until delicately brown (8 to 10 minutes). Remove from cookie sheet while still warm. Makes 60.

Ruth Fish

Refrigerator Spice Cookies

- | | |
|--|---------------------------------------|
| 1 Cup shortening | $\frac{1}{2}$ tsp. salt |
| $\frac{1}{2}$ Cup granulated sugar | 2 tsp. cinnamon |
| $\frac{1}{2}$ Cup brown sugar | $\frac{1}{4}$ tsp. nutmeg |
| 1 Egg | $\frac{1}{4}$ tsp. cloves |
| 2 $\frac{1}{4}$ Cups sifted enriched flour | $\frac{1}{2}$ Cup finely chopped nuts |
| $\frac{1}{2}$ tsp. soda | |

Cream together shortening and sugars; add egg and beat well. Sift together dry ingredients; stir into creamed mixture. Add nuts. Shape in rolls about 2 $\frac{1}{2}$ inches across. Wrap in waxed paper; chill thoroughly. Slice very thin, $\frac{1}{8}$ inch or less. Bake 1 inch apart on lightly greased cooky sheet in moderate oven (375 degrees F.) 5 to 7 minutes or till delicately browned. Remove at once to rack. Makes 5 to 6 dozen.

Mrs. Louis D. Dittle

Cookies

- | | |
|----------------------------------|-------------------------------|
| 1 Cup shortening | $\frac{1}{2}$ tsp. salt |
| 1 Cup white sugar | 2 Cups rice krispies |
| 1 Cup brown sugar | $\frac{1}{4}$ Cup rolled oats |
| 2 Eggs | (Or 1 cup each) |
| 1 tsp. vanilla | 1 Cup coconut |
| 2 Cups flour | $\frac{1}{2}$ Cup nuts |
| 1 tsp. soda | 6 Cherries cut fine |
| $\frac{1}{2}$ tsp. baking powder | $\frac{1}{4}$ Cup raisins |

Cream shortening and sugar. Add eggs. Stir in combined ingredients. Bake 10 minutes in 350 degree oven. Makes 8 dozen cookies.

Mrs. W. Norris

Cookies

Fruit Bars

(Makes about 16 doz. cookies)

$\frac{3}{4}$ Cup butter	$1\frac{1}{2}$ Cups chopped nuts
$2\frac{1}{4}$ Cups sugar	Little evap. milk
2 Eggs	1 tsp. vanilla
$\frac{1}{2}$ Cup molasses	1 Tbsp. cinnamon
$\frac{1}{2}$ Cup water	$\frac{1}{2}$ tsp. nutmeg
6 Cups flour	$\frac{1}{4}$ tsp. mace
$1\frac{1}{2}$ Lbs. cut-up dried fruit (prunes, dates, figs, apri- cots, e.g.)	1 tsp. salt
	1 tsp. soda

Cream butter and sugar, add eggs and mix well. Add molasses, water, vanilla. Sift together dry ingredients and add to mixture. Mix well. Add fruits and nuts. Oil hands and roll dough into long rolls, place on cookie sheets and flatten with palm of hand. Brush with evaporated milk and bake 20 minutes at 350°. Cut while warm into diamond shapes, 1 inch wide. May be frosted with plain white icing. These cookies improve with age, will keep very well if out of reach of children. They are nice Christmas cookies.

Frances M. van Schouwen

Date Squares

$1\frac{1}{2}$ Cups rolled oats	1 tsp. baking powder
$1\frac{1}{2}$ Cups flour	$\frac{1}{2}$ tsp. salt
6 Ouncer crisco or butter	1 Cup light brown sugar

Cream together 1 cup brown sugar & crisco. Then add oats, flour, salt & baking powder. Cook until tender 1 lb. dates (cut up) and 1 cup brown sugar and 1 cup water. Put $\frac{1}{2}$ of crumb mixture into dish, then spread date mixture on top. Then add the rest of the crumb mixture. Bake in moderate oven 300° to 350° F. about 20 minutes to $\frac{1}{2}$ hour. Let cool, then cut in squares.

Mrs. C. Leonard

Mince Meat Squares

$1\frac{1}{4}$ Cups flour	$\frac{3}{4}$ Cup brown sugar
1 Cup rolled oats	$\frac{1}{2}$ tsp. salt

Cut in $\frac{1}{2}$ cup shortening until crumbly. Spread half of this mixture in pan and add $1\frac{1}{2}$ cup moist mince meat. Over the mince-meat spread the remaining crumbly mixture and press down with spoon. Sprinkle a little milk on top and bake in 400 degrees oven for 30 minutes. Cool and cut into bars, about 15 bars.

Dollie Chod

Walnut Butter Cookies

- | | |
|----------------------------------|---------------------------------|
| 1½ Cups sifted all-purpose flour | 2 tsp. instant coffee |
| ½ Cup granulated sugar | 1 Cup butter or margarine |
| ¼ tsp. salt | ¼ Cup walnuts, coarsely chopped |

Heat oven to 300° F. Into medium bowl sift flour, salt, sugar, and coffee. With pastry blender or two knives used scissors-fashion, cut in butter until it is the size of small peas. Press dough together. Shape into small balls; roll in walnuts. Place 2" apart on ungreased cookie sheets; flatten with bottom of glass dipped in sugar. Bake about 20 minutes or until edges are very lightly browned. Cool slightly; remove to wire rack. Makes about 3 dozen.

Lucille Lambert

Fruit Cake Cookies

- | | |
|--------------------------------|---------------------------------------|
| ½ Cup brown sugar, packed well | 1 Lb. pecans, broken in half |
| ½ Cup butter | 1 Lb. raisins |
| 2 Eggs | ½ Lb. candied cherries |
| 1 Wine glass tart jelly | ½ Lb. candied pineapple |
| 1½ Cups sifted flour | ½ Lb. dates |
| 1½ Tbsp. sour milk | ½ tsp. allspice, nutmeg, cloves, cin- |
| 2 tsp. soda | namon |

Cream the butter and sugar. Add the jelly and eggs and mix well. Dissolve the soda in sour milk and add to butter mixture with one half the flour. Add all spices. Dredge the fruit and nuts with remaining flour and add to mixture. Stir well. Drop by spoonful on a greased and floured cookie sheet. Decorate with nuts or cherries. Bake 25 min. at 325°.

These cookies are better when baked and stored in tins for a few weeks.

Mrs. I. D. Stanaland

Scots Shortbread

- | | |
|--------------|------------------|
| ½ Cup butter | ¼ Cup sugar |
| ¾ Cup flour | ¼ Cup cornstarch |

Cream butter and sugar. Sift together flour and cornstarch and gradually stir in. Roll into ball and place on ungreased baking sheet. Press out with fingers and prick with fork to prevent rising. Bake at 325° for 30 minutes. Cut while warm.

Lynn Scott

Cookies

Crisp Toffee Bars

- | | |
|------------------------------|-------------------------------|
| 1 Cup butter or margarine | 1 6oz. pkg. chocolate morsels |
| 1 Cup brown sugar | (chips) |
| 1 tsp. vanilla | 1 Cup chopped nuts |
| 2 Cups sifted enriched flour | |

Thoroughly cream together butter, sugar, and vanilla. Add flour, mix well. Stir in chocolate and nuts. Press mixture into ungreased 15½x10½x1 inch jelly-roll pan. Bake in moderate oven (350 degrees) 25 minutes or until browned. While warm, cut in bars or squares. Cool before removing from pan. Makes about 5 dozen.

Mrs. Louis D. Dittle

Congo Squares

- | | |
|---------------------------|---------------------------------|
| 2¾ Cups sifted flour | 2¼ Cups brown sugar (1 lb. box) |
| 2½ tsp. baking powder | 3 Eggs |
| ½ tsp. salt | 1 Cup nuts broken |
| ⅔ Cup shortening (melted) | 1 pkg. Nestle chocolate chips |

1st Mix and sift flour, baking powder, and salt.

2nd Put brown sugar in mixture bowl on slow to break up lumps. Pour melted shortening over slowly. Stir until well mixed. Allow to cool slightly and add eggs one at a time, beating well after each addition. Add dry ingredients then the nuts and chocolate chips. Pour into greased pan 15½"x3"x10½". Bake at 350° 25 or 30 min. When almost cool cut into squares.

Nell Deese

Saucepan Brownies

Melt in saucepan, stirring constantly:

- | | |
|------------------|----------------------------|
| ⅓ Cup shortening | 2 Squares baking chocolate |
|------------------|----------------------------|

Add:

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|----------------|--------|
| 1 Cup sugar | 2 Eggs |
| ½ tsp. vanilla | |

Add and blend the following:

- | | |
|--------------------|---------------|
| ¾ Cup sifted flour | ½ Cup walnuts |
| ¼ tsp. salt | |

Turn into greased pan and bake for 30 minutes at 325 degrees. This recipe doubled fills a 9x12 baking pan with inch-thick brownies.

Maude Welch

Angel Cookies

- | | |
|---------------------|------------------------|
| 1/2 Cup butter | 1 tsp. vanilla |
| 1/2 Cup shortening | 1 tsp. soda |
| 1/2 Cup white sugar | 1 tsp. cream of tartar |
| 1/2 Cup brown sugar | 1/2 tsp. salt |
| 1 Egg | 2 Cups flour |

Mix in order given. Roll into balls and dip top half in cold water, then in sugar. Place on cookie sheet. Cookies spread a little. Bake in moderate oven, about 350 degrees.

Peggy Hagerty

Coconut Crunch Cookies

Cream 1/2 cup shortening with 1/2 cup brown sugar and 1/2 cup granulated sugar. Add one beaten egg and beat mixture well.

Sift:

- | | |
|----------------------|--|
| 1 Cup flour | 1/4 tsp. baking powder (more in Aruba) |
| 1/2 tsp. baking soda | 1/4 tsp. salt |

Add to creamed mixture.

- | | |
|---------------------------|---|
| 1/2 tsp. vanilla | 1/2 Cup shredded coconut (grated raw coconut is very good with a little powdered sugar added) |
| 1/4 Cup quick rolled oats | |
| 1 Cup crisp rice cereal | |

Drop by heaping teaspoonsful onto greased cookie sheets 3 inches apart. Bake in 350 degree oven for 10 minutes. Remove with spatula and cool on rack. Four dozen cookies.

Ruth Watkins

Dutch Refrigerator Sand Cookies

Ingredients:

- | | |
|-----------------|-------|
| 1 Pound butter | 1 Egg |
| 6 Cups flour | Salt |
| 1 1/3 Cup sugar | |

Cream butter with sugar; add egg and salt. Blend with sifted flour. Divide mixture in several parts. Place in waxed paper and chill. Cut in slices and place on ungreased cookie sheet. Bake in oven 275 degrees for about 10-15 minutes until very lightly colored. Don't let them become brown.

Mrs. C. T. Nolthenius

Cookies

Brownies

- | | |
|-------------------------|----------------------------------|
| 2 Eggs | $\frac{1}{2}$ Cup butter, melted |
| 1 Cup sugar | $\frac{1}{8}$ tsp. salt |
| 1 tsp. vanilla | 2 Squares melted chocolate |
| $\frac{1}{2}$ Cup flour | 1 Cup chopped nuts |

Beat eggs and sugar. Stir in chocolate, vanilla and butter. Fold in flour, salt and nuts. Pour into greased, floured pan. Bake 20 minutes at 350 degrees. Frost with chocolate icing.

Audrey Buchanan

"Butter and honey shall he eat, that he may know to refuse the evil, and choose the good."
Isaiah 7 : 15

Coconut Cookies

- | | |
|-------------------------------|--------------------------------|
| $\frac{1}{2}$ Cup shortening | $\frac{1}{4}$ tsp. baking soda |
| $\frac{1}{2}$ Cup white sugar | 1 Cup quick Quaker oats |
| $\frac{1}{2}$ Cup brown sugar | 1 Cup coconut |
| 1 Beaten egg | $\frac{1}{2}$ Cup nuts |
| $\frac{1}{2}$ Cup flour | 1 tsp. vanilla |

Drop dough from teaspoon onto a greased cookie sheet. Then dip the bottom of a glass into cold water and press down on cookies to flatten them. Bake at 375 degrees for about twelve minutes.

Jeannette Brown

Ginger Crackles

- | | |
|-------------------------|------------------------------|
| 2 Cups sifted flour | $\frac{3}{4}$ Cup shortening |
| 1 Tbsp. ginger | 1 Cup sugar |
| 2 tsp. baking soda | 1 Egg, unbeaten |
| 1 tsp. cinnamon | $\frac{1}{4}$ Cup molasses |
| $\frac{1}{2}$ tsp. salt | Granulated sugar |

Put measured sifted flour, ginger, baking soda, cinnamon, and salt into sifter. Sift twice. Return to sifter. Cream shortening. Add sugar and cream. Beat in egg and molasses. Sift dry ingredients over creamed mixture. Blend well. Form dough into balls about one inch in diameter. Roll in the granulated sugar. Place about two inches apart on ungreased baking sheets. Bake at 350 degrees 12—15 minutes, or until tops are slightly rounded, crackly and light browned. Makes about 48.

M. Opdyke

Cream Cheese Cookies

Cream together:

- 1 Cup butter
- 1 pkg. cream cheese
- 1 Cup sugar

Add to above:

- 1 Yolk of egg
- $\frac{1}{2}$ tsp. vanilla
- $2\frac{1}{2}$ Cups all-purpose flour

Stir in flour and form in small balls on greased cookie sheet. Flatten with glass dipped in flour. Bake in slow oven, 275 to 300 degrees, for about 20 minutes.

Mrs. Margery Proterra

Pecan Puffs

- $\frac{1}{2}$ Lb. butter
- 4 Tbsp. granulated sugar
- 2 tsp. vanilla

- 2 Cups pecan meats (measure before grating)
- 2 Cups flour

Cream butter and sugar. Add other ingredients. Roll in palm of hand to size of hickory nuts. Bake slowly in 275-300 degrees oven for 30 minutes. Break one and see if it holds together. Roll in powdered sugar while hot. When cold, roll again in powdered sugar. (Nuts must be very fine).

Rose Broz

Cherry-Coconut Bars

Pastry

- 1 Cup sifted flour
- $\frac{1}{2}$ Cup butter

- 3 Tbsp. confectioner's sugar

Filling

- 2 Eggs, slightly beaten
- 1 Cup sugar
- $\frac{1}{4}$ Cup flour
- $\frac{1}{2}$ tsp. baking powder
- $\frac{1}{4}$ tsp. salt

- 1 tsp. vanilla
- $\frac{3}{4}$ Cup chopped nuts
- $\frac{1}{2}$ Cup coconut
- $\frac{1}{2}$ Cup quartered maraschino cherries

Heat oven to 350 degrees. With hands, mix flour, butter and confectioner's sugar until smooth. Spread thin with fingers in oblong pan, 10x6x1 $\frac{1}{2}$. Bake about 25 minutes.

Stir rest of ingredients into eggs. Spread over top of baked pastry (no need to cool). Bake about 25 minutes. Cool. Cut into squares and serve as dessert or serve as cookies. Serves 8 for dessert or makes 20 cookies.

Dee Lipstate

Cookies

Sour Cream Refrigerator Cookies

- 3 Cups sifted flour
- 1 tsp. baking powder
- $\frac{1}{4}$ tsp. baking soda
- 1 tsp. salt
- 1 Cup shortening

- 1 Cup granulated sugar
- $\frac{1}{4}$ Cup firmly packed brown sugar
- 1 tsp. vanilla
- $\frac{1}{2}$ Cup sour cream

Mix and sift flour, baking powder, baking soda and salt. Cream shortening; gradually add the sugars, beating well. Add flavoring. Stir in flour alternately with sour cream. Chill. Shape in rolls about 2 inches in diameter and wrap in waxed paper. Chill thoroughly. Cut in $\frac{1}{8}$ " slices, place on ungreased baking sheet and bake in 350 degree oven about 8 minutes. Makes 9 dozen cookies.

Variations

Chocolate Cookies - To $\frac{1}{3}$ cookie dough, add 1 square melted chocolate.

Spice Cookies - To $\frac{1}{3}$ of dough, add $\frac{1}{2}$ tsp. cinnamon, $\frac{1}{8}$ tsp. each allspice, ground cloves and nutmeg, $\frac{1}{4}$ tsp. ginger and $\frac{1}{2}$ c. finely chopped raisins.

Coconut Cookies - To $\frac{1}{3}$ of dough, add $\frac{1}{2}$ c. coconut.

Janet Lewis

*"For the bread of God is he which cometh down from heaven,
and giveth life unto the world."*

John 6 : 33

Speculaas

- $1\frac{1}{3}$ Cup dark brown sugar
(packed)
- 2 Tbsp. milk
- $\frac{1}{2}$ Lb. butter (not margarine or
shortening)
- 3 Cups flour

- 1 Tbsp. ground cloves
- $1\frac{1}{2}$ tsp. cinnamon
- 1 tsp. nutmeg
- 1 tsp. baking soda
- 1 Cup ground or finely chopped
almonds

Put butter into Mixmaster bowl and cream a little at low speed. Add sugar and milk and help stir with spoon until ingredients are well mixed. Set mixing speed at number 8 and let cream all the time while grinding almonds and mixing flour, spices and baking soda. Be sure to sift flour and spices three or four times. Add flour mixture and ground almonds to creamed butter and sugar with fork to keep it fluffy. Drop by rounded teaspoonsful onto buttered cookie sheet. Flatten to about $\frac{1}{4}$ inch. Bake at 300 degrees for 15 minutes.

Mrs. M. Smit

Fruit Bars

- | | |
|------------------------|---|
| 1/2 Cup butter | 1/4 tsp. salt |
| 1 Cup granulated sugar | 1 Cup chopped nuts |
| 2 Eggs | 1/2 Cup red candied cherries, halved |
| 1 tsp. vanilla | 1 Cup sliced pitted dates |
| 2/3 Cup sifted flour | 1/2 Cup each, sliced soft dried apricots and figs |
| 1 tsp. baking powder | |

Cream butter, add sugar and cream until light and fluffy. Add eggs. Add sifted dry ingredients, nuts and fruit. Mix well and spread in greased 9" square pan. Bake in 350 degree oven approximately 45 minutes. Let stand in pan till cold, or overnight. Cut into 3"x1" bars, and roll each bar lightly in granulated sugar.

Olga Rozenewajg

Grant us, O Lord, the serenity to accept those things which cannot be changed, the courage to change the things which can be changed, and the wisdom to know the difference.

Southern Pecan Bars

Sift together:

- | | |
|------------------------|--------------------------------------|
| 1 1/3 Cup sifted flour | 1/2 tsp. double-action baking powder |
|------------------------|--------------------------------------|

Blend together:

- | | |
|-----------------------------|-----------------------------------|
| 1/3 Cup butter or margarine | 1/2 Cup firmly packed brown sugar |
|-----------------------------|-----------------------------------|

Cream well. Add the dry ingredients. Mix with electric mixer or spoon until mixture resembles coarse meal. Stir in 1/4 c. pecans, chopped fine. Mix well. Pat firmly into bottom of well-greased 12x8x2 inch pan. Bake at 350 degrees for ten minutes only.

Pecan Topping

Beat 2 eggs until foamy.

Add:

- | | |
|-----------------------------------|----------------|
| 3/4 Cup dark corn syrup | 1/2 tsp. salt |
| 1/4 Cup firmly packed brown sugar | 1 tsp. vanilla |
| 3 Tbsp. flour | |

Mix well. Pour over partially baked crust. Sprinkle with 3/4 c. pecans, coarsely chopped. If desired, fold the chopped pecans into filling, before pouring over crust and arrange pecan halves over top, one for each bar. Bake at 350 degrees 25 to 30 minutes. Let cool in pan. Cut in bars.

Mrs. Bowen

Kathleen Hemstreet's Shortbread

1 Lb. soft butter

5 Cups flour, not sifted

1 Cup sugar

Cream butter and sugar in Mixmaster. Add a little vanilla. Combine flour with these ingredients. Place in a large jelly roll pan and pack $\frac{1}{2}$ inch thick. Prick thoroughly with fork. Bake in 225 degree oven for 10 minutes, then 200 degree oven for one hour. Sugar and cinnamon may be sprinkled over top before baking (optional). Cut in squares.

Lydia McBurney

Scotch Shortbreads

1 Cup butter or margarine

2 $\frac{1}{4}$ Cups sifted flour

$\frac{3}{4}$ Cup brown sugar

$\frac{1}{4}$ tsp. salt

Soften butter, then cream with brown sugar until light and fluffy. Add flour and salt. Mix well. Chill dough; then force through cookie press, or shape dough in rolls, about 1 $\frac{1}{2}$ inches in diameter. Wrap in paper or foil. Chill, then slice and bake. Bake in a 375 degree oven 8 to 10 minutes. Makes 4 to 5 dozen cookies.

Mrs. J. Terry Smith

Yum Yums

1 Cup nutmeats

1 $\frac{1}{2}$ tsp. baking powder (2 in Aruba)

1 $\frac{1}{2}$ Cups brown sugar

$\frac{1}{4}$ tsp. salt

$\frac{1}{2}$ Cup shortening

2 Eggs, separated

1 $\frac{1}{2}$ Cup sifted flour

1 tsp. vanilla

Cream shortening. Add one cup brown sugar and egg yolks. Add dry ingredients. Spread mixture in pan. Sprinkle one cup chopped nutmeats on mixture. Beat egg whites stiff and add $\frac{1}{2}$ c. brown sugar. Spread over nutmeats and bake 25 minutes at 350 degrees. This will fill a 9x12 baking pan. Cool and cut into squares.

Maude Welch

Sand Cookies and Tarts

1 Cup butter

1 $\frac{1}{2}$ Cup flour

$\frac{1}{2}$ Cup sugar

$\frac{1}{2}$ Cup pecans

Cream butter and sugar, flour and cut-up nuts together. Drop on baking plate. Put in oven for 10 minutes at 375°. This same recipe can be used without the nuts and put in sandtart forms. Fill with cream and put cherry or fresh fruit on top.

Mrs. N. P. Schindeler

Pecan Squares

1 Cup butter or margarine
1½ Cups brown sugar

Topping

1 Egg white

1 Egg yolk
2 Cups flour

2 Cups pecans, chopped
(walnuts are also good)

Cream butter and sugar. Add egg yolk and sift in flour. Mix. Pat flat on cookie sheets (two large and one small one). Use rolling pin over waxed paper to help roll out dough. Brush mixture with unbeaten egg white. Sprinkle with finely chopped nuts. Bake in slow oven (250°) until a golden brown. Cut in squares while hot.

Mrs. Hoagland

Scotch Short Bread - Annie Fernando's Recipe

1 Lb. butter
2 teacups sugar

5 teacups flour
1 pkg. Maizena cornstarch

Cream butter. Add sugar, then flour. Blend well. Roll out in small portions. Cut into desired shapes. Place on cookie sheet. Bake in 225° oven for about an hour. Let cool on sheet. This should make about 100 pieces. Store in tightly closed box or container.

Liz Moore

Sea-foam Nut Squares

Sift together:

2 Cups flour
1 tsp. double-action baking powder

½ tsp. salt
⅛ tsp. soda

Cream ½ c. shortening. Add gradually ¼ c. sugar and ½ c. firmly packed brown sugar, creaming well. Add 2 egg yolks, 2 T. cold water, ½ tsp. vanilla. Beat well. Measure ¼ c. milk. Add alternately with dry ingredients to creamed mixture. Mix thoroughly. Spread in well-greased 15x10 inch pan or two 9x9x2 inch pans.

Beat two egg whites until stiff but not dry. Add 1½ c. brown sugar gradually, beating well after each addition. Spread over cookie dough. Sprinkle with 1 c. nuts, chopped. Bake in 325° oven 25-30 minutes. Cut into squares while still warm. Makes 4 dozen squares.

Eleanor Hanlon

Cookies

Toffee Bars

Combine in mixer bowl and blend well:

- | | |
|------------------------------------|-------------------------|
| $\frac{1}{2}$ Cup brown sugar | 2 tsp. vanilla |
| $\frac{1}{2}$ Cup granulated sugar | $\frac{1}{2}$ tsp. salt |
| 1 Cup butter | 2 Eggs |

Add to above mixture and stir until blended:

- | | |
|--------------------|----------------------------|
| 1 Cup sifted flour | 1 Cup uncooked rolled oats |
|--------------------|----------------------------|

Bake at 350° in 13x8x2 greased pan about 15-20 minutes. Frost with one package "Junket Fudge and Frosting Mix." Use directions on package for frosting. Garnish with chopped nuts or coconut. Cut when cool into 24 bars.

Mrs. K. L. Weill

Those who throw mud never have clean hands.

Toffy Triangles

Cream well:

- | | |
|------------------|-------------------|
| 1 Cube margarine | 1 Cup white sugar |
| 1 Cube butter | |

Add to above and mix well:

- | | |
|----------------|-------------------------------------|
| 1 Egg yolk | 2 Cups sifted flour |
| 1 tsp. vanilla | $\frac{1}{2}$ Cup nutmeats, chopped |

Press out evenly and thinly on a large-size greased cookie sheet. Spread unbeaten egg white over dough and sprinkle another $\frac{1}{2}$ C. nutmeats. Bake one hour at 250°. Cut in triangles while warm.

Mrs. J. Waasdorp

Cereal Cookies

- | | |
|--------------------------------|------------------------|
| 1 Cup butter | 1 Cup walnuts |
| 1 Cup brown sugar | 1 pkg. chocolate chips |
| 1 Cup white sugar | 2 Cups flour |
| 2 Eggs, mixed in one at a time | 1 tsp. salt |
| 1 Cup cornflakes (rolled) | 1 tsp. soda |
| 2 Cups oatmeal | |

Mix all together and drop by teaspoon on greased baking sheet. Bake at 375° for 12 minutes.

Mrs. Ruby Pistek

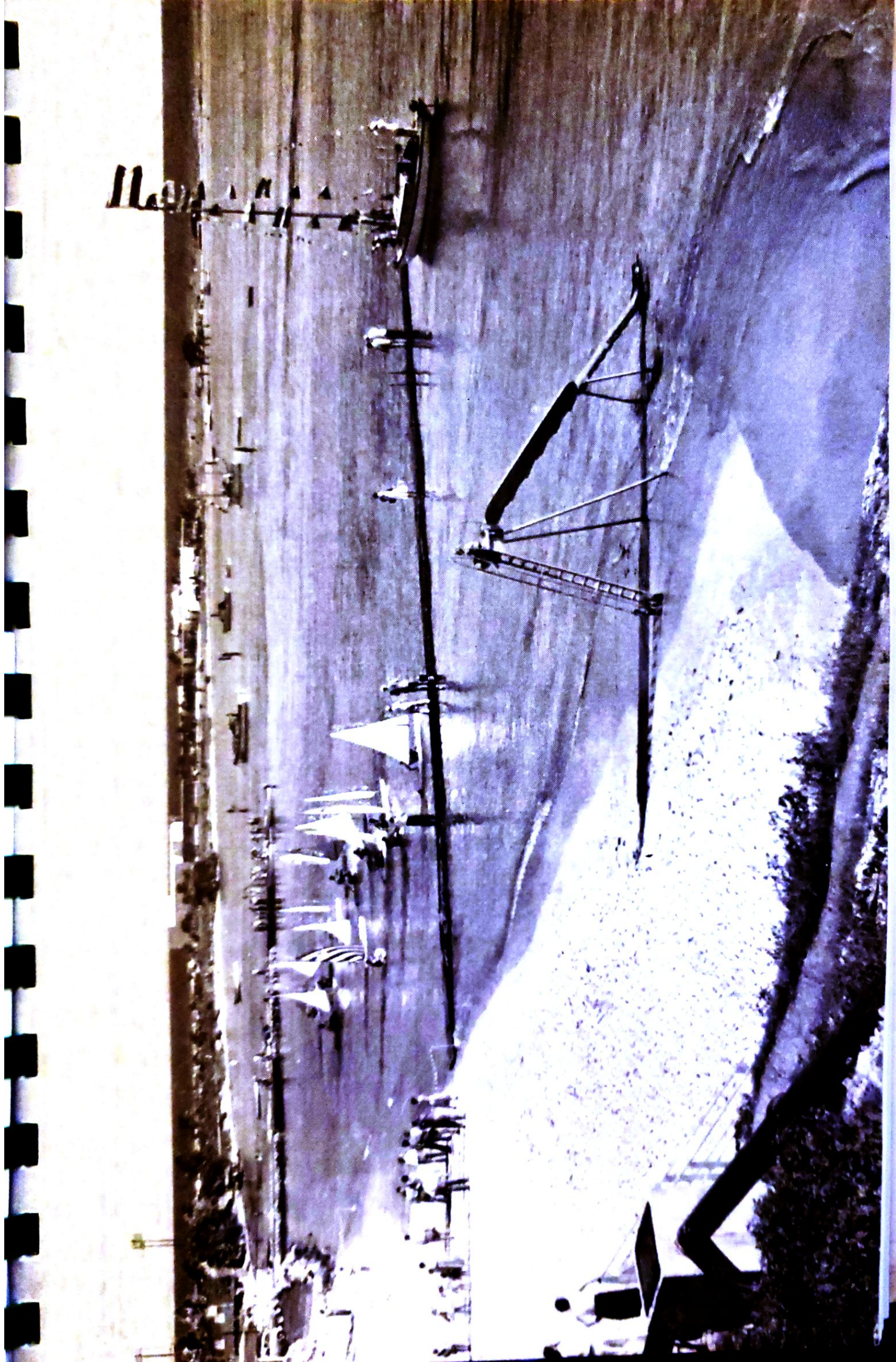


Photo by Ralf Humphreys

Desserts

Bread Pudding

- | | | | |
|----------------|---|---------------|--------------------|
| 2 | Cups bread (torn in small pieces and packed in cup) | $\frac{1}{2}$ | tsp. salt |
| $1\frac{1}{2}$ | Cups hot milk | $\frac{1}{2}$ | Cup nuts |
| $\frac{1}{4}$ | Cup butter or margarine | $\frac{1}{2}$ | Cup raisins |
| 1 | tsp. vanilla | 2 | Eggs, beaten |
| $\frac{1}{3}$ | Cup sugar | 1 | tsp. baking powder |

Pour milk over bread; add butter, vanilla, sugar, salt, eggs, baking powder, nuts, raisins. Bake one hour in greased pan, at 350°. Serve hot or cold with wine sauce:

1 T. Cornstarch dissolved in a little cold water, 1 Cup hot water, sugar to taste (start with 2 T.), 1 stick cinnamon, 1 egg yolk, beaten, hunk of butter, pinch of salt, $\frac{3}{4}$ cups Port wine (or any red sweet wine).

Add water to cornstarch and stir. Add sugar to taste. Boil with 1 stick cinnamon until thick. Remove from heat; pour over beaten egg yolk. Stir well, then add butter, salt and wine.

Helen McIntyre

Limeade Angel Dessert

- | | | | |
|---------------|---|---------------|------------------------------------|
| 1 | Envelope unflavored gelatin | $\frac{1}{2}$ | Cup water |
| $\frac{1}{2}$ | Cup sugar | 4 | Cups pulled pieces angel food cake |
| $\frac{1}{4}$ | tsp. salt | 2 | Cups evaporated milk |
| 1 | 6 oz. can frozen limeade concentrate thawed | 2 | Tbsp. lime juice |
| 2 | Eggs | | |

Mix gelatin, sugar and salt in top of double boiler. Add eggs and beat until well blended. Stir in limeade concentrate and water. Cook, stirring constantly until mixture coats spoon. Cool. Whip chilled milk in large mixing bowl until foamy, add lime juice and whip until stiff. Fold in custard mixture. Fold in cake pieces. Spoon into 8 inch tube pan. Chill about 3 hours. Serves 8 to 10.

Mrs. Charles Berrisford

Apple Pudding

Boil together for 5 minutes:

- | | | | |
|---|-----------------|---|--------------|
| 2 | Cups water | 1 | Tbsp. butter |
| 1 | Cup brown sugar | 1 | tsp. vanilla |

Cream $\frac{1}{2}$ cup white sugar with 1 T. shortening. Add $\frac{1}{2}$ cup milk, 1 cup flour, 1 tsp. baking powder, $\frac{1}{4}$ tsp. salt, and some cinnamon. Add 1 cup diced apple. Drop by tablespoon into hot syrup and bake 25 to 30 minutes at 350°.

Marylou Ielfield

Desserts

Apple Puff Pudding

- | | |
|------------------------------|-------------------------------------|
| 4 Medium tart cooking apples | 2 Eggs, separated |
| $\frac{1}{2}$ Cup water | $\frac{1}{2}$ tsp. salt |
| 1 Cup sugar | 3 Tbsp. flour |
| $\frac{1}{2}$ tsp. cinnamon | 1 Tbsp. milk |
| $\frac{1}{4}$ tsp. nutmeg | $\frac{1}{2}$ Cup chopped nut meats |
| Grated peel of one lime | |

Peel, core and slice apples. Cook slightly, about 3 minutes in the $\frac{1}{2}$ cup water. Turn into a greased 9-inch baking dish. Sprinkle with $\frac{1}{2}$ cup sugar, the cinnamon, nutmeg, and lime peel. Beat egg yolks until thick; add remaining $\frac{1}{2}$ cup sugar, salt, flour and milk; beat until smooth. Beat egg whites until stiff and fold into yolk mixture. Spoon over apple slices and sprinkle with nut meats. Bake at 350° for 30 minutes. Serve warm with or without cream. Serves 6.

Priscilla Smith

Arabian Pudding

- | | |
|-------------------------|---------------------------------|
| 2 Eggs, separated | $\frac{1}{2}$ Cup chopped nuts |
| $\frac{1}{2}$ Cup sugar | $\frac{1}{2}$ Cup chopped dates |
| 1 Cup cottage cheese | $\frac{1}{3}$ tsp. cinnamon |
| 1 Tbsp. cornstarch | 3 Tbsp. butter |
| $\frac{1}{8}$ tsp. salt | |

Beat egg yolks lightly; add sugar, cheese, salt & cornstarch. Mix with a little warm water. Add nuts, dates, cinnamon and melted butter. Beat egg whites stiff. Fold in. Bake at 300, until set, about 30 min. Top with hard sauce or sour cream blended with confectioners sugar.

Mrs. I. D. Stanaland

Macaroon Pudding

- | | |
|-------------------------|---------------------------------|
| 1 Cup milk | 3 Eggs, separated |
| $\frac{3}{4}$ Cup sugar | 1 Dozen Stale macaroons, mashed |
| 1 pkg. gelatine | 1 tsp. vanilla |

Dissolve gelatine in cold milk; place in double boiler and heat, do not boil. Cream egg yolks and sugar, stir in hot milk. Then add mashed macaroons to mixture and remove from fire. When cool add stiffly beaten egg whites. Serve with whipped cream.

Mrs. Roy Pearson

Indian Pudding (serves 4)

- | | |
|------------------------------------|-----------------------------|
| 4 Cups milk | $\frac{1}{2}$ tsp. cinnamon |
| $\frac{1}{2}$ Cup sugar | 1 tsp. ginger |
| 3 Eggs, beaten a little | 1 tsp. salt |
| 1 tsp. grated orange peel | 1 Cup very dark molasses |
| $\frac{1}{2}$ Cup yellow corn meal | |

Stir half the sugar ($\frac{1}{4}$ cup) into the milk. Heat in top of double boiler until bubbles form around the side. Drift corn meal into it gradually and stir constantly until well-blended and slightly thickened. Take from heat and stir in the molasses. Mix remaining sugar, spices, orange peel and salt with the beaten eggs and gradually stir this mixture into the pudding. Mix well. Pour into buttered pudding dish so that it is about 2-inches deep. Bake for 1 hour in 375° F. oven. Serve hot with vanilla ice cream.

Eleanor Miller

Queen Pudding

- | | |
|------------------------------------|---|
| $\frac{1}{2}$ Pint milk | 2 Eggs, separated |
| 1 Ounce butter or margarine | $\frac{1}{4}$ tsp. vanilla or a little lemon rind |
| 2 $\frac{1}{2}$ Ounces breadcrumbs | 1 Tbsp. jam |
| 2 Tbsp. sugar | |

Boil milk with butter and pour over the breadcrumbs mixed with 1 T. sugar. Allow to stand for 10 minutes, then add the beaten yolks of the eggs and vanilla. Pour into greased pie dish and bake 30 minutes at 350°. When set, spread jam on top; beat egg whites until stiff, add the remainder of the sugar, and pile on top of pudding. Return to oven (375°), until meringe is set and browned slightly. Serve hot or cold.

Mrs. Allen Temple

Be of good cheer, thy sins he forgiven thee"

Matt 9 : 2.

Banana Fritters

- | | |
|-----------------------------|------------------------|
| 5 Bananas | 1 Cup flour |
| $\frac{1}{3}$ Cup sugar | $\frac{1}{4}$ Cup milk |
| 1 tsp. vanilla | 1 Egg |
| $\frac{1}{2}$ tsp. cinnamon | |

Mash the bananas and mix this with the sugar, vanilla, cinnamon, milk and egg. Then add the flour. Drop by tablespoonsful into hot oil and bake brown on both sides.

Mrs. Reinders-Folmer

Desserts

Coffee Royal en Gelee

Soften 2 enveloped gelatine in $\frac{1}{4}$ cup rum. Dissolve 1 cup sugar in 3 and $\frac{3}{4}$ cups hot coffee. Add coffee mixture to gelatine; dissolve and blend thoroughly. Pour into mold and chill until set. Serve with custard sauce:

2½ Cups milk
2 Eggs

3 Heaping Tablespoonsful of sugar
1 Tbsp. vanilla

Place milk in double boiler until scalded, add it to the eggs and sugar. Let it cook about three minutes, stirring constantly. Remove from fire when it is the thickness of thick cream, then add vanilla.

Betsy Frazier

"There is no spectacle on earth more appealing than that of a beautiful woman in the act of cooking dinner for someone she loves."

Thomas Wolfe

Cranberry Freeze

1 Can cranberry sauce
2 Tbsp. confectioners sugar
1 Egg white

½ Pint heavy cream
1 tsp. almond extract
Slivered almonds, optional

The day before serving, mix sauce in bowl with fork, beating until smooth, and add sugar. Beat egg white; beat cream until stiff. Fold in cranberry mixture. Add almond extract. Turn into ice cube tray. Before serving mix with fork and place almonds on top.

Oleta Hodges

Cranberry - Orange Sherbet

1 Pound cranberries (4 cups)
2 Cups water
2 Cups sugar
1 tsp. unflavored gelatin

1 Cup orange juice
¼ Cup lemon juice
2 Tbsp. grated orange peel

Cook cranberries in water until skins pop. Press thru strainer. Add sugar, heat to boiling. Soften gelatin in orange juice; add to hot mixture. Add lemon juice and orange peel. Freeze in refrigerator until mushy, then beat until fluffy. Freeze until firm. Serves 6-8 as dessert or main course accompaniment. Good with turkey or chicken.

Dana Cole

Tangerine Sherbet

- | | |
|------------------------------|---|
| 1 Envelope gelatine | 1 6-ounce can Tangerine juice concentrate |
| $\frac{1}{4}$ Cup cold water | Juice of $\frac{1}{2}$ a lemon |
| 1 Cup boiling water | 2 Egg whites |
| $\frac{1}{2}$ Cup sugar | $\frac{1}{4}$ Cup sugar |
| $\frac{1}{4}$ tsp. salt | |
| 2 Cups milk | |

Soften gelatine in cold water and dissolve in hot water; add sugar and salt. Add milk, tangerine juice concentrate and lemon juice. Freeze to mushy stage. Whip egg whites until stiff, add $\frac{1}{4}$ C. sugar. Whip fruit mixture. Fold in egg whites and freeze until firm.

Mrs. H. McMillin

3-in-1 Sherbet

(to be made in ice cream freezer)

- | | |
|--------------|---------------------------|
| 3 Oranges | 3 Cups water |
| 3 Lemons | 2 Bottles whipping avoset |
| 3 Bananas | 1 Quart Borden's milk |
| 3 Cups sugar | |

Juice oranges and lemons; add mashed bananas, sugar and water. Freeze in ice cream freezer to mush consistency and finish filling freezer with 2 bottles avoset (whipping) and 1 quart borden's milk. Freeze till firm. Makes $1\frac{1}{2}$ gallons.

Lou Myers

Orange Dessert

- | | |
|------------------------------|---------------------------------|
| 24 Marshmallows | 1 tsp. vanilla |
| $\frac{1}{3}$ Cup whole milk | 1 6 oz. can frozen orange juice |
| 1 Cup thick cream | Vanilla wafer crumbs |

Melt marshmallows with milk over low heat stirring constantly, until all melted and smooth. Let thoroughly cool, add vanilla. Whip cream stiff. Fold in marshmallow mixture. Pour in freezing tray which has been lined with vanilla wafer crumbs. After frozen break up cream mixture with spoon (don't get into crumbs) and pour $\frac{1}{2}$ of orange juice thru mixture, making it marbelized. Pat down and drizzle rest of juice over top. Freeze again until solid. Serves 8.

Carol Porter

Orange Ice

Boil 5 min. $1\frac{1}{2}$ C. sugar and 1 C. water. Beat until stiff 2 egg whites and 2. T. sugar. Pour syrup over eggs beating constantly. Add 2 C. orange juice and juice of 1 lemon. Freeze. Break in chunks and whip smooth. Refreeze.

Mrs. J. E. Wanamaker

Desserts

Date Nut Torte

1 Cup flour
1½ tsp. baking powder
½ tsp. salt
½ Cup shortening
1 tsp. vanilla
½ Cup sugar

2 Eggs, separated
2 Tbsp. water
½ Cup dates, chopped
1 Cup walnuts or pecans
⅛ tsp. cream of tartar
½ Cup sugar

Sift dry ingredients. Cream shortening, add sugar gradually; add vanilla. Beat egg yolks with 2 T. water and add to creamed mixture alternately with dry ingredients. Blend thoroughly after each addition. Blend in nuts and dates; pour into greased and floured 8"x8" pan lined with waxed paper. Beat egg whites, add salt and cream of tartar and beat until whites form slight mounds when beater is raised. Gradually add ½ C. sugar and beat until meringue stands in peaks. Spread over cake batter. Bake one hour at 325°. This seems more delicious each time it is served!

Alice Gravendijk

Bananas Brazilian

Peel 6 bananas and halve. Arrange in buttered dish and over bananas pour: ½ C. orange juice mixed with ¼ C. brown sugar. Dot with 2 T. butter and spread thickly with 1 C. grated fresh coconut. Bake 400 degrees F. for 12-15 min. until coconut is toasted. Serve with custard sauce:

Combine 3 beaten egg yolks, dash of salt and ¼ C sugar. Gradually stir in 2 C. milk, scalded. Cook over hot water until mixture coats spoon, stirring constantly. Remove from heat and add 1 tsp. vanilla. Chill thoroughly.

Diana Barnard

Date-Apple Torte

4 Cups diced tart apple
1 Cup sugar
½ Cup flour
2 tsp. baking powder

1 Tbsp. melted butter
1 tsp. vanilla
½ Cup chopped nuts
½ Cup chopped dates

Combine and stir until thoroughly mixed, but don't beat. Bake in 8x8 pan in 400 deg. oven 40 minutes or until apples are done. Serve hot or cold, with cream or whipped cream, or ice cream.

Mrs. J. E. Wanamaker

Apple Sauce Delight

- | | |
|--|---|
| 1 Can applesauce | 1 Stick butter or scant $\frac{1}{4}$ pound |
| 12 Graham crackers | butter |
| $\frac{3}{4}$ Cup brown sugar (not packed) | |

Spread applesauce evenly on bottom of a 8"x8" dish. Crush graham crackers to fine crumbs, add sugar and mix the two in a separate bowl. Spread graham cracker and sugar mixture evenly over the applesauce. Pour melted butter over all. Do not bake it. Chill it about 30 minutes or less before your meal. Serve with or without whipping cream, nuts or cherry. This a wholesome dessert for children and easy for them to make for themselves. Serves 4.

Mrs. Gordon N. Owen

*"Truly, one thing is sweet
Of things beneath the Sun;
This, that a man should earn his bread and eat
Rejoicing in his work which he hath done."*

Josephine Preston Peabody

Apple Crunch

- | | |
|------------------------|----------------------------------|
| 5 Medium baking apples | 1 Egg |
| 1 tsp. cinnamon | $\frac{1}{2}$ Cup flour |
| 1 Cup sugar | $\frac{1}{2}$ tsp. baking powder |
| 2 Tbsp. butter | Pinch of salt |

Peel and slice apples into a 9" or 10" pie pan or baking dish. Sprinkle with cinnamon, $\frac{1}{3}$ cup of sugar, pinch of salt. Dot with 1 Tbsp. butter cut-up.

Separately, cream butter, 1 Tbsp., and work in remaining $\frac{2}{3}$ cup sugar. Beat egg slightly and add to butter-sugar mixture. Sift dry ingredients together and add to above. Mix smooth. Scoot the batter off the tablespoon with your finger over top of the apples.

Bake 10 minutes in a preheated 425 degree oven. Lower heat to 350 degrees and bake 20 minutes longer.

Serve warm or cold with a garnish of whipped cream or ice cream. Serves 6.

Mrs. K. L. Weill

Desserts

Apple Crisp

Place in shallow 6x10 inch baking dish:

- 4 Cups chopped or sliced apples

Sprinkle with:

- $\frac{1}{4}$ Cup water

$\frac{1}{2}$ tsp. salt

- 1 tsp. cinnamon

Work together until crumbly:

- 1 Cup sugar

$\frac{1}{3}$ Cup butter

- $\frac{3}{4}$ Cup sifted flour

Spread crumb mixture over apples. Bake uncovered about 40 min. in moderate oven (350 deg.). Serve warm with plain or whipped cream. Serves 6.

Mrs. Anthony Proterra

Crema Arubiana

- 2 Eggs

- 1 Lemon peel

- 5 Tbsp. granulated sugar

- 4 Cups milk

- 3 Tbsp. flour

- Toasted almonds

In a deep pot mix 2 eggs yolks, 5 T. sugar and 3 T. flour. Add milk little by little. Put this mixture on a low fire and cook while stirring. When mixture is smooth and done, take it off the fire and let cool. Mean time add grated lemon peel and the white of eggs. The white should stand in peaks, add a little at a time, mixing very well but lightly. Put the cream in your most lovely dessert dishes and put them in the refrigerator. Before serving, decorate this dessert with the toasted almonds. The shell will come off easily by putting the almonds in warm water. After that, put them on a baking sheet and toast them lightly in the oven.

Elisabeth Hartog

Chocolate Velvet

- $\frac{2}{3}$ Cup canned chocolate syrup

- $\frac{1}{2}$ tsp. vanilla

- $\frac{2}{3}$ Cup condensed milk

- $\frac{1}{3}$ Cup slivered blanched almonds,
toasted

- 2 Cups heavy cream

Combine all ingredients but nuts. Chill. Whip until fluffy and soft peaks form. Fold in nuts, pile into refrigerator tray and freeze. Makes 8-10 servings.

Dana Cole

Vanilla Ice Cream

2 eggs - beat till thick. 1 C. sugar - add gradually and thoroughly. 1 bottle avoset whipping cream, 1 T. vanilla plus milk to make 1½ quarts. Freeze in ice cream freezer. Makes 2 quarts.

Mrs. J. E. Wanamaker

Caramel Squares

½ Cup butter	1 tsp. baking powder
½ Cup granulated sugar	1 tsp. vanilla
1 Egg yolk	1 tsp. salt
1½ Cups flour	

Mix above ingredients together and pat down in greased pan. Cover with: 1 stiffly beaten egg white, 1 C. brown sugar, 1 C. coconut. Bake in slow oven 325 degrees 25-30 min.

Mrs. N. Driebeek

Delicious Orange Dessert

1 pkg. orange jello	1 Large can evap. milk (chilled)
1 Cup boiling water	Juice of one lemon
1 Cup sugar	

Pour water over sugar and jello. Mix well and chill. Whip milk. Beat jello mixture, add lemon juice. Combine mixtures. Use crushed vanilla wafers or graham crackers and line bottom of dish. Pour mixture into dish and cover top with crushed crumbs. Chill.

Mrs. Marylou Ielfield

Mousse au Chocolat

Take 1 egg and 1 chocolate bar per person. Melt chocolate bars (bitter sweet) over a low fire, or use double boiler. Now take pot off the fire, add one by one the yolks. This should be done very carefully. After that the white is added which should be very stiff. Everything done, you fill small glass bowls with the mousse and put them in the refrigerator.

Elisabeth Hartog

Desserts

Pineapple Krinkle

- 1 Cup flour
- 1 Cup light brown sugar

- 1 Cup quick oats
- $\frac{1}{2}$ Cup crisco

Mix well with fork until crumbly. Add cinnamon and nutmeg to taste. Spread half of crumbly mixture on bottom of 9x12 cake pan. Top with 1 can crushed, drained pineapple. Sprinkle remaining crumb mixture over pineapple. Bake 30 minutes at 350 degrees. Serve with whipped cream.

Pat Hart

Orange Sherbet

- $1\frac{1}{3}$ Cups sugar
- $2\frac{2}{3}$ Cups milk
- 2 Cans frozen orange juice
- $1\frac{1}{3}$ Cups light cream

- 2 Tbsp. lemon juice
- $\frac{1}{4}$ tsp. salt
- 2 Stiffly beaten egg whites

Heat sugar and milk until sugar is dissolved. Remove from heat, add juice, salt and cream. Mix well. Place in tray in refrigerator. Freeze. Then beat and add egg whites. Freeze.

Audrey Buchanan

Almond Hershey Pie

- $\frac{1}{3}$ Cup milk
- 6 Almond Hershey bars

- 12 Marshmallows (cut in fourths)

Heat until blended, cool to room temperature and fold in $\frac{1}{2}$ pint whipped cream. Pour into baked pie shell and chill 2-3 hours.

Pan Howell

Rice Confetti

- 1 Box raspberry jello

- $\frac{3}{4}$ Cup sugar

Dissolve jello & sugar in 2 C. water, place in refrigerator until partially firm. Then add the following and replace in the refrigerator until ready to use.

- 2 Cups cooked rice (cool)
- 1 Small can crushed pineapple
- 1 Cup diced marshmallows

- $\frac{1}{2}$ Cup nuts
- $\frac{1}{2}$ Pint cream (whipped)

Pan Howell

Cheese Torte

- | | | | |
|----|-----------------------|----|------------------------|
| 2 | Cups crumbs | 1½ | tsp. lemon juice |
| 1½ | Cups sugar | 1½ | tsp. grated lemon rind |
| 1 | tsp. cinnamon | 1 | Cup cream |
| ½ | Cup melted shortening | 1½ | Pound cottage cheese |
| 4 | Eggs | 4 | Tbsp. flour |
| ¼ | tsp. salt | | |

Mix crumbs with ½ C. sugar, cinnamon and butter. Set aside ¾ C. for top. Beat eggs with remaining 1 C. sugar until light. Add salt and lemon juice and rind. Cream cheese and flour, beat thoroughly and strain through fine sieve. Gently press crumb mixture into pie plate, pour in egg and cheese mixture and cover with remaining crumbs. Bake 1 hour in preheated 350 degree oven. Let stand 1 hour to cool.

Betty Johnson

Old-Fashioned Freezer Ice Cream

- | | | | |
|---|--------------------------|----|---------------|
| 6 | Eggs | 1½ | Cups sugar |
| 6 | Cups water | 2 | Tbsp. vanilla |
| 4 | Cups powdered whole milk | ¼ | tsp. salt |

Beat eggs, powdered milk and part of water in top of double boiler. Cook over hot water until it thickens like custard. Add remaining water, vanilla and 2 C. avoset or two cans Dutch Baby (depending on how rich you want it). Freezer can should be about 2/3 full when dasher is put in. Freeze until firm and pack or place in deep freeze until time to serve. For chocolate, add about ½ C. cocoa with milk and sugar or use 1 C. Hershey's syrup.

Frozen strawberries or peaches may be added if desired, reducing amount of sugar. Makes 1 gallon of ice cream.

Dana Cole

Nut Pudding

- | | | | |
|-----|-------------------------|---|-----------------------------------|
| 3 | Eggs, separated | 1 | Cup chopped almonds or hazel-nuts |
| 2/3 | Cup sugar | 1 | tsp. any liqueur |
| | Grated rind of 1 orange | ¼ | Cup macaroon crumbs |

Beat egg yolks and sugar until light, add grated rind, nuts and liqueur, and blend well. Beat egg whites until stiff and fold them into yolk mixture with macaroon crumbs, and bake in mod. oven 350 degrees until set, about 25 min. Pudding should be soft but not runny. Serve cold. Serves 4.

Mrs. Van Gaalen

Glorified Rice

1½ C. boiled rice (with salt). Drain and rinse with cold water and cool. Add: 1 layer crushed pineapple lightly drained, 10 or 12 marshmallows (cup up), 1 can coconut, ½ C. powdered sugar. Fold in 1½ jars whipped cream.

Jeannette Faucett

Blueberry Sherbet

- | | |
|----------------------------|-----------------------------|
| 1 Can (15 oz.) blueberries | 1 Cup sugar |
| 1 pkg. plain gelatine | ½ Cup lemon juice |
| 2 Tbsp. cold water | 1 Egg white, stiffly beaten |
| 1 Cup boiling water | 1 Cup toasted coconut |

Mash berries thru a sieve. Add water enough to make 1½ C. Soak gelatine in 2 T. cold water. Add boiling water to dissolve. Add sugar, stirring until dissolved. Combine with blueberry pulp and lemon juice, and gradually stir this mixture into the stiffly beaten egg white. Freeze in refrigerator tray, allowing at least 4 hours. Stir once midway thru freezing. Meantime, spread shredded coconut over piepan and toast in the oven until lightly browned. Keep aside until dessert time. Then after ice has been spooned into sherbert dishes, garnish with coconut. A luscious dessert, serves 8.

Dee Sorensen

Mocha-Nut Tortoni

- | | |
|-----------------------------------|------------------------------|
| 2 Egg whites | 2 Tbsp. instant coffee |
| ¼ Cup gran. sugar | 2 Egg yolks |
| 2 Cups heavy cream (avoset) | 2 tsp. vanilla |
| ¼ Cup gran. sugar | ½ Cup minced toasted almonds |
| ½ Cup semi sweet chocolate pieces | |

Week ahead if desired: Beat egg whites until quite stiff. Then gradually add ¼ C. sugar while beating. Whip cream with ¼ C. sugar and coffee. Add egg yolks and vanilla, fold into beaten egg whites. Melt chocolate over hot, not boiling water, cool slightly. Then quickly fold chocolate and almonds into egg white mixture. Turn into 12 custard cups or 16 2 oz. souffle cups. Freeze until firm. Then wrap in foil. Serve from freezer as needed. Makes 12-16. Note: I use paper cupcake papers and set in muffin tins. This is an excellent dinner party recipe as may be prepared well in advance.

Mrs. Sheila Shearon

Cobbler

In bowl cream butter (size of walnut) with $\frac{1}{2}$ c. sugar. Add pinch of salt, 1 heaping tsp. baking powder, 1 C. flour (sifted) and $\frac{1}{2}$ C. milk. Mix till ingredients are well blended. Put into greased pan (large), top with a box of berries or any kind of fresh fruit, add 1 C. sugar and 1 C. boiling water. Bake at 375 degrees for 35-45 min.

Mrs. Ruby Pistek

Sunset Cobbler

$\frac{1}{4}$ lb. butter, melted in 8" square pan while oven is heating.

Mix together:

1 Cup flour	1 $\frac{1}{2}$ tsp. baking powder
1 Cup sugar	$\frac{1}{4}$ tsp. salt
Add $\frac{3}{4}$ Cup milk	

Blend till smooth.

Pour in pan over butter. Spoon 1 can of cherry, peach, apple, or blueberry pie mix over dough. DO NOT MIX. If apple or peach are used, sprinkle generously with cinnamon-sugar mixture. Bake at 375 degrees for 40 to 60 minutes.

Joan Anderson

Apple-Walnut Cobbler

$\frac{1}{2}$ Cup sugar	1 Cup sifted enriched flour
$\frac{1}{2}$ tsp. cinnamon	1 Cup sugar
$\frac{3}{4}$ Cup coarse-chopped California walnuts	1 tsp. baking powder
	$\frac{1}{4}$ tsp. salt
4 Cups thinly sliced pared tart apples or 1 No. 2 can (2 $\frac{1}{2}$ cups) sliced pie apples	1 Well-beaten egg
	$\frac{1}{2}$ Cup evaporated milk
	$\frac{1}{3}$ Cup butter or margarine, melted

Mix $\frac{1}{2}$ cup sugar, the cinnamon, and $\frac{1}{2}$ cup of the walnuts. Place apples in bottom of greased 8 $\frac{1}{4}$ x 1 $\frac{3}{4}$ -inch round ovenware cake dish. Sprinkle with cinnamon mixture. Sift together dry ingredients. Combine egg, milk and butter; add dry ingredients, all at once, and mix till smooth. Pour over apples; sprinkle with remaining walnuts. Bake in slow oven (325°) about 50 minutes or till done. Cut in wedges. Serve with cinnamon-topped whipped cream. Makes 8 servings.

Mrs. J. Eeltink

Desserts

Dessert

Fast and simple and pretty and men love it too.

- | | |
|---|--|
| 1 pkg. lime jello | No. 2 can crushed pineapple (use drained juice to put with jello recipe) |
| 1 Box cottage cheese (if unavailable, can be omitted) | |
| ½ Cup celery, finely chopped | 6 Cut-up cherries to make design in bottom of pan |
| ½ Cup chopped walnuts | |

Use regular jello recipe on package with 1 cup water first so it will start to set faster. Then, when about to jell, add all other ingredients. Place your cut-up cherries on bottom, of either fancy mold or a loaf pan - then pour in your mixture and set.

Jeannette Sperl

Poof (It's a dessert)

- | | |
|--------------------------|--|
| 1 Cup of boiling water | 2 pkg. frozen strawberries (fresh would be so much better — dreamer) |
| 1 pkg. strawberry jello | |
| 1 Pint vanilla ice cream | |

(It's a dessert). This is my own!

Dissolve jello in boiling water, stir until completely dissolved. Spoon in ice cream while jello is still hot. Beat slowly with hand beater until ice cream is no longer lumpy. (Sort of squash the ice cream with the beater). Add a few (½ cup) strawberries, (drained) to the mixture. Pour into bowl or mold. Put in refrigerator until set. Serve with whipped cream topped with remaining strawberries. This is perfect for someone who works - doesn't have time for fussing with dessert - yet still wants something fancy. It takes about 10 min. to put together and 20 min. to set.

Dorothy Joseph

Ritz Tort

Crush:

- 20 Ritz crackers

Add:

- 1 tsp. baking powder
1 tsp. vanilla

Beat:

- 3 Egg whites

- 1 Cup pecans (broken)

- 1 Scant cup sugar

Fold egg white into cracker mixture. Grease 8 inch or larger oblong pan. Bake 30 min. at 350°. When cool cover with thick layer of whipped cream. Shred bitter chocolate on top. Chill 3 hrs. before serving.

Commir Kossuth

Two Quickies

For a quick dessert with a crunchy top, chill a Hershey almond bar in the refrigerator and chop coarsely. Sprinkle over vanilla ice cream.

For added crispness and color in a fresh fruit compote, add a small amount of finely chopped green pepper.

Dorothy O'Brien

Chocolate "Marquise"

$\frac{1}{2}$ Lb. sweet chocolate
 $\frac{1}{4}$ Lb. confectioner's sugar
 $\frac{1}{2}$ Lb. salt-free butter
 $\frac{1}{2}$ Cup milk

3 Eggs
 Coffee or vanilla flavoring
 30 Ladyfingers or vanilla wafers

Melt chocolate; mix with milk and cool. Cream butter, add confectioners sugar and beat well. Add egg yolks one at a time. When smooth add melted chocolate mixture, flavoring. Carefully fold in stiffly beaten egg whites.

Line bottom and sides of mold closely with ladyfingers. Alternate batter and ladyfingers. Refrigerate one or two days.

Mrs. Louise Keil

Easy Chocolate Dessert

Melt over hot water 1 cake sweet chocolate. Beat yolks and whites of 4 eggs separately. Add 2 tablespoons hot water to chocolate. Add to beaten yolks and add beaten whites. Put in sherbet cups and put in refrigerator. Top with whipped cream. Will serve 6.

Mrs. J. Sint

Ice Cream Pie with Chocolate Coconut Crust

Melt two squares unsweetened chocolate and two tablespoons butter in top of double boiler, stirring until blended. Combine two tablespoons hot milk or water and two-thirds cup sifted confectioners' sugar. Add to chocolate mixture and stir in well. Add one and a half cups shredded coconut finely cut, either toasted or plain and mix well. Spread on bottom and sides of butter greased nine-inch pie pan. Chill until firm. To serve, fill crust with vanilla ice cream and top with chocolate sprinkles. Cover with Saran Wrap and place in freezer.

Mary Byington

Desserts

Creme de Cocoa Angel Dessert

10 inch Angel food cake
 $\frac{3}{4}$ Cup Creme de Cocoa

1 Pint heavy whipping cream
3 Tbsp. Creme de Cocoa

Split cake crosswise into three layers. With an icepick, poke holes at intervals in the cake. Pour $\frac{3}{4}$ cup Creme de Cocoa over cake. Let stand 30 min. Whip cream. Sweeten if desired, fold in 3 tbsp. Creme de Cocoa. Spread whipped cream between layers, on top and sides of cake. Refrigerate until server.

Mrs. Fletcher Dunbar

Frozen Dessert

1 Cup pineapple juice
 $\frac{1}{2}$ Cup orange juice

$\frac{1}{2}$ Lb. marshmallows

Melt marshmallows in the juices. Chill in freezer until set.

1 Cup cream whipped stiff

When juices and marshmallows are set combine with whipped cream. Place a layer of vanilla wafers in a loaf pan, cover with a layer of the cream mixture. Continue until all of the cream mixture is used. Freeze for several hours until hard.

Mrs. W. L. Edge

Pinning a label on a man is an easy way to ignore the logic of his argument.

G. Heatter

Christmas Frozen Fruit Treat

Scald 2 cups milk in double boiler and gradually stir in $\frac{1}{2}$ cup sugar, $\frac{1}{4}$ cup flour and $\frac{1}{4}$ teaspoon salt blended together. Continue to stir and cook for about 5 minutes. Spoon a small amount of this hot mixture over 2 slightly beaten eggs, mix well and then add to the hot contents of the double boiler. Cook and stir continuously until thick. Add 1 teaspoon vanilla and cool. Meanwhile butter a 5-by-5 loaf pan. When custard is cool stir in 2 cups finely crumbled macaroons - the packaged kind - 1 cup white raisins, 1 cup chopped pecans, $\frac{1}{2}$ cup chopped candied cherries. Fold in 1 cup cream whipped thick but not stiff. Pour into pan and freeze at least 24 hours. To serve, turn out and let soften slightly. Then cut in $\frac{3}{4}$ -inch slices.

Trifle

6 Finger sponges cakes or 37
sponge cake

Strawberry jam

1 Jello, strawberry flavor

1 Pint custard or vanilla pudding
For decoration, whipped cream,
cherries and nuts

Slice sponge cakes and spread with jam. Arrange in a glass dish. Pour the Jello over cake and leave to set. Add the custard or pudding, making sure that this has cooled well. Decorate with a layer of whipped cream and cherries, etc.

This sweet must be kept in the refrigerator until ready to serve.

Mary Billington

Pears in Orange Sauce

In saucepan, combine $\frac{1}{2}$ cup sugar, 1 cup water, the shredded rind and juice of 1 orange, and juice of $\frac{1}{2}$ a lemon. Bring to boil and boil 5 minutes. Add 4 peeled, large, under-ripe pears. Bring to boil; cover, and simmer 20 to 25 minutes, or until pears are tender. Serve warm or cold, with sweet or sour cream, as desired. Makes 4 servings.

Emma Clark

Glamour Dessert

Don't tell a soul how quick and easy this one is - they'd never believe you anyway!

Vanilla wafers (or chocolate
wafers

Shredded coconut

1 pkg. "Dream Whip"

$\frac{1}{2}$ Cup ice-cold milk (skimmed
milk works just as well)

1 tsp. almond flavoring

1 No. 2 $\frac{1}{2}$ can fruit cocktail, well
drained

1 Sliced banana

Nutmeg

Open fruit cocktail, set aside to drain. Butter pie plate generously, crumble enough wafers to cover bottom of plate and stand a row of wafers up around edge of pie plate to make scalloped edge. Sprinkle a little shredded coconut (toasted if you like) over crumbs. Beat "Dream Whip," milk and almond flavoring till stiff as directed on package. Carefully fold in fruit and spoon into the crumb-lined pieplate. Sprinkle nutmeg generously around outer edge of pie, leaving center plain for decorative effect. Place in freezing compartment for about an hour, removing then to refrigerator shelf for several hours. Cut in pie-shaped wedges for serving. (Pretty enough to cut and serve at the table!)

Betty White

Chocolate Marshmallow Dessert

- | | |
|-------------------------|-----------------------|
| 1 Lb. Marshmallows | 1 Cup milk |
| 2 pkgs. chocolate snaps | 1 Pint whipping cream |

Put marshmallows and milk in top of double boiler, stir till melted & smooth. Remove and cool. Stir occasionally. Roll snaps fine; put slightly more than half in bottom of pan, whip cream; combine with marshmallow mixture. Add creme de menthe to flavor. Pour over crumbs and add rest of crumbs to top. Chill several hours. Serve in squares. Serves 8.

Audrey Harris

Ice Box Cake

- | | |
|-----------------------------|-----------------------------------|
| 3 pkgs. frozen strawberries | 2 Tbsp. evaporated milk |
| 1 Cup butter | 1 Can crushed pineapple |
| 2 Cups sugar | $\frac{2}{3}$ Cup pineapple juice |
| 4 Egg yolks | Graham crackers |
| 4 Egg whites | |

Beat egg yolks with cream in small bowl. Put in pan with hot water to cook, stirring constantly. When thick and smooth add to creamed butter and sugar mixture. Cool. Add crushed pineapple and juice and strawberries and fold in stiffly beaten egg whites. Line pan with waxed paper. Spread a layer of graham cracker crumbs evenly over bottom of pan. Over this turn half of the mixture, another layer of graham cracker crumbs and remainder of mixture, crumbs on top. Deepfreeze. Makes 16 servings.

Submitted by Wilma van de Ven; original recipe of Anna Roding's.

Honey Sherbet

Not sweet as honey, but smooth as honey, even if you forget to stir it.

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|--|--|
| 2 $14\frac{1}{2}$ oz. cans evaporated milk | 1 6 oz. can frozen concentrated orange juice |
| 1 1 lb. jar honey | $\frac{1}{3}$ Cup frozen lemon juice |
| 1 12 oz. can pineapple juice | $\frac{1}{4}$ tsp. salt |
| 2 12 oz. cans apricot nectar | |

Combine above and freeze. You will need to set the honey jar in a bowl of hot water, after you have emptied it once, to get the full amount thin enough to come out. This does not have to be beaten or even stirred, though I think it is lighter if you beat it. I use a deep pan for this, setting my mixer on low and mixing until the honey is fully blended. Then I freeze in the same pan, and beat once when it is half frozen - still in the same pan. No cooking, and only one pan to wash.

Kay Evans



Photo by Igor Broz

Pies

Alls-Good Pie

- | | |
|-------------------|-----------------------------|
| 4 Eggs, separated | 4 Tbsp. melted butter |
| 2 Cups sugar | $\frac{1}{2}$ tsp. cinnamon |
| 3 Tbsp. cream | $\frac{1}{2}$ tsp. cloves |
| 3 Tbsp. vinegar | 1 Cup raisins |

Plump raisins in hot water. Beat egg yolks until thick. Add sugar and beat well. Add cream, melted butter, spices, vinegar. Beat until well blended. Add raisins. Beat egg whites until stiff and fold into other mixture. Pour into unbaked pastry shell and bake as regular custard pie. The egg whites should rise to top and form a crisp crust-like top. Chopped nuts or coconut may also be added if desired. Makes two small pies or one 10" pie.

Mrs. H. McMillin

Apricot Pie

Place one pint dried apricots (don't pack into measure) into a large saucepan and simmer gently with one blade mace and one stick cinnamon until tender (20-30 minutes). Meanwhile, stir one envelope gelatine into $1\frac{3}{4}$ C. water and heat until dissolved (stir). Remove whole spices from apricots and put through food mill or blender adding gelatine. Chill until just set, then beat until frothy. Beat 2 egg whites until soft peaks form and add 2 Tbsp. sugar. Fold into apricot mixture along with $\frac{1}{2}$ C. cream, whipped. When blended, flavor with $\frac{1}{2}$ tsp. almond extract, pour into pie shell and chill several hours or overnight. Garnish with puff whipped cream, fresh mint springs, and ring of sliced cherry.

Edna Earl Spitzer

Apricot Pie

- | | |
|--|--|
| $1\frac{1}{2}$ Tbsp. minute tapioca | 1 Cup hot apricot juice |
| $\frac{1}{3}$ Cup sugar | 1 Recipe pastry |
| $\frac{1}{4}$ tsp. salt | 1 Small can crushed pineapple
(1 cup) |
| 2 Cups cooked dried apricots,
drained | |

Combine tapioca, sugar and salt, and add apricots and juice, mix and let stand 15 minutes or while pastry is being made. Line a 9-inch pie pan with pastry. Combine apricot mixture and crushed pineapple and turn into pastry shell. Arrange lattice of pastry strips across top. Bake in hot oven (425°) 10 minutes, then decrease heat to moderate (350°) and bake 30 minutes longer. Cool. Serve with or without sweetened whipped cream.

Mrs. R. F. Martin

Pies

Blueberry Pie

- | | |
|----------------------------|---------------------|
| 2 pkgs. frozen blueberries | 1 Tbsp. lemon juice |
| 3 Tbsp. tapioca | ½ Cup brown sugar |
| ⅔ Cup granulated sugar | 1 Tbsp. butter |
| ¼ tsp. salt | |

Mix first five ingredients and let stand while making pie crust. Make regular double pie crust. Bake in 425° oven 35 minutes.

Butter Tarts

Make regular pastry. Cut out to fit into small muffin tins.

Filling

- | | |
|-------------------|---------------------|
| 2 Tbsp. butter | 1 tsp. vanilla |
| 1 Cup brown sugar | 1 Cup raisins |
| ¼ tsp. salt | 1 Cup nuts, chopped |
| 1 Egg, beaten | |

Melt butter and add sugar and egg. Mix well. Add salt, vanilla, raisins and nuts. Fill tart shells half full and bake 10 to 15 minutes at 400°.

Carleen Severs

"The eyes of all wait upon thee, O Lord; and thou givest them their meat in due season.

Thou openest thine hand, and fillest all things living with plenteousness."

Psalm 145 : 15, 16

Butter Tarts

- | | |
|-----------------------|-------------------------|
| 2 Eggs | 1 Cup raisins |
| ½ Cup chopped walnuts | Butter (size of walnut) |
| 1 Cup brown sugar | 2 tsp. vanilla |
| ¼ Cup corn syrup | ½ tsp. salt |

Beat all together until full of bubbles. Drop from teaspoon into tart (or muffin) tins lined with pastry. Bake at 400° for 20 minutes or less. Enough filling for 12 large tarts.

Joan Smith

Cheese-Crumb Apple Pie

- | | |
|---|---------------------------|
| 1 Unbaked 5" pie shell | 1/2 tsp. nutmeg |
| 8 Cups cored, pared apples
(Or 1 No. 2 can apple slices) | 1 Tbsp. lemon juice |
| 1/3 Cup light or brown sugar | 2/3 Cup flour |
| 2 Tbsp. quick-cooking tapioca | 1/3 Cup light brown sugar |
| 1 tsp. cinnamon | 1/3 Cup butter or oleo |
| | Cheddar cheese |

Start heating oven to 400°. Meanwhile combine apples, 1/3 C. brown sugar, tapioca, cinnamon, nutmeg and lemon juice. Arrange in pie shell.

In small bowl, place flour, 1/3 C. brown sugar, butter and 2/3 C. grated cheese. With two knives or pastry blender, cut in butter till it is the size of peas. Sprinkle over apples. Bake 40 to 45 minutes, or till crust is brown and apples are done. Best served slightly warm, with wedges of cheese on top.

Margaret Brewer

"And having food and raiment let us be therewith content."

1 Tim. 6 : 8

Chocolate Silk Pie

- | | |
|---------------------|----------------|
| 1/2 Cup butter | 2 Eggs |
| 3/4 Cup sugar | Whipping cream |
| 2 Squares chocolate | |

Cream butter, add sugar gradually, beat well. Add melted cool chocolate. Add eggs 1 at a time beating 5 minutes after adding each egg. Pile in cold baked pie shell. Spread whipped cream over top. Chill 1 to 2 hours. (Wonderful to freeze).

Ruth Ann Berrisford

Chocolate Pie

Make a 9-inch pie shell and cool.

Melt and blend together over hot water:

- | | |
|------------------------|---------------|
| 1 pkg. chocolate chips | 2 Tbsp. sugar |
| 3 Tbsp. milk | |

Cool. Add 4 egg yolks, one at a time, beating well after each addition. Add 1 tsp. vanilla.

Beat till stiff 4 egg whites. Fold into chocolate mixture. Pour into pie shell. Chill several hours. Garnish with whipped cream.

Maxine Voiles

Pies

Chocolate Bavarian Pie

- 1 Tbsp. unflavored gelatine
- $\frac{1}{4}$ Cup cold water
- 3 Slightly beaten egg yolks
- $\frac{1}{2}$ Cup sugar
- $\frac{1}{4}$ tsp. salt

- 1 Cup milk, scalded
- 1 tsp. vanilla
- 3 Stiffly beaten egg whites
- 1 Cup heavy cream, whipped

Soften gelatin in water. Combine egg yolks, sugar, salt. Add milk slowly. Cook in double boiler until mixture coats spoon. Cool. Add vanilla. Fold in egg whites and cream. Pour into crust. Sprinkle with $\frac{1}{4}$ C. wafer crumbs. Chill thoroughly.

Crust

Blend $1\frac{1}{4}$ C. chocolate wafer crumbs (about 20 wafers) with $\frac{1}{3}$ C. melted butter. Press in 9-inch pie pan. Chill.

Peggy Hagerty

Chocolate Chiffon (Nut Crumb Crust)

For the crust

- 1 Cup vanilla cookie crumbs
- $\frac{1}{2}$ Cup nutmeats, chopped fine (walnuts, pecans)
- 2 Tbsp. sugar
- 3 Tbsp. margarine or butter (melted)

Combine cookie crumbs, nuts and sugar; blend with margarine or butter. Spread over bottom and sides of 9-inch pie pan. Pat down firmly with back of spoon. Chill.

For the filling

- 1 Envelope unflavored gelatine
- $\frac{1}{4}$ Cup cold water
- 2 Squares unsweetened chocolate
- 1 Cup milk
- 3 Eggs
- $\frac{1}{8}$ tsp. salt
- $\frac{1}{2}$ Cup sugar
- 1 tsp. vanilla
- Whipped cream

1. Soften gelatin in cold water. Combine chocolate and milk in top of double boiler; stir over boiling water until chocolate melts. Beat until smooth; then stir in gelatin.
2. Separate egg yolks from whites; add salt to yolks. Beat till thick. Gradually beat in $\frac{1}{4}$ c. sugar. Slowly add chocolate mixture, stirring until blended. Chill until slightly thickened.
3. Beat egg whites until stiff but still moist. Gradually beat in remaining $\frac{1}{4}$ c. sugar. To chocolate mixture add vanilla and fold in egg whites. Pour into crumb-lined pan. Chill.
4. Remove from refrigerator 15 minutes before serving. Spoon whipped cream in ring on top. For an extra flourish, top with pecan halves.

Betz Jones

Coconut Pie

- | | |
|---------------------------|------------------------|
| 1 pkg. unflavored gelatin | ¼ tsp. almond extract |
| 1 Cup sugar | 3 Egg whites |
| ¼ Cup flour | ¼ tsp. cream of tartar |
| ½ tsp. salt | ½ Cup whipping cream |
| 1½ Cups milk | 1 Cup coconut |
| ¾ tsp. vanilla | |

Soften gelatin in cold water. Combine ½ C. sugar, flour and salt in saucepan. Stir in milk gradually. Cook over low heat, stirring constantly. Boil one minute. Remove and stir in gelatin. Chill until partially set. Beat until fluffy. Blend in flavorings. Beat egg whites until they hold soft peaks. Add cream of tartar and remaining ½ C. sugar, beating well after each addition. Carefully fold gelatin mixture into egg whites. Whip cream and fold into egg whites. Add coconut. Pour into baked pie shell and chill about three hours.

Alice Mullen

Egg Nog Pie

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|---|---------------------------------|
| 1 Baked 9-inch pie shell | ¼ Cup cold water |
| 3 Eggs, separated | 1 Jigger light rum |
| 1½ Cups milk | ½ Cup heavy cream whipped with |
| ⅛ tsp. salt | 1 tsp. sugar and ¼ tsp. vanilla |
| ¾ Cup sugar | Grated unsweetened chocolate |
| 1 Envelope plus 1 tsp. unflavored gelatin | (about ½ square) |

Scald milk in a double boiler and pour over beaten egg yolks combined with sugar and salt. Return mixture to double boiler and cook over hot but not boiling water, stirring constantly until custard coats the spoon. Take from double boiler and stir in gelatin that has soaked in cold water for 5 minutes. Cool custard. Fold in stiffly beaten egg whites. Chill until beginning to set, stirring occasionally during this time. Pour into crust and chill until set. Before serving, top with whipped cream. Grate chocolate over whipped cream.

Rosalie A. Teagle

Lemon Chiffon Pie

- | | |
|--|------------------------------|
| 1½ tsp. Knox gelatin in ½ Cup water | 1 Tbsp. grated rind of lemon |
| (Note: In Aruba use 1 whole package of Knox gelatin) | 4 Eggs, separated |
| ½ Cup lemon juice | 1 Cup sugar |
| | Pinch salt |

Beat whites and ½ C. sugar. Add salt. Beat yolks with ½ C. sugar and lemon juice and rind, then cook 5 minutes. Fold in egg whites; pour into baked pie shell. Chill and serve the same day.

Mrs. J. G. Straub

Pies

Lemon Cloud Pie

Crust

Sift 1 C. flour and $\frac{1}{2}$ tsp. salt. Cut in $\frac{1}{3}$ C. shortening. Add 1 egg, slightly beaten, 1 tsp. lemon rind and 1 Tbsp. lemon juice. Roll and form in pie pan. Bake left-over crust, too.

Filling

Combine $\frac{3}{4}$ C. sugar, $\frac{1}{4}$ C. cornstarch, 1 c. water, 1 tsp. lemon rind, $\frac{1}{3}$ C. lemon juice and 2 slightly beaten egg yolks. Cook over low heat, stirring constantly, until thick. Remove from heat and add 4 oz. Philadelphia Cream Cheese. Blend and cool.

Beat two egg whites until they stand in peaks. Add $\frac{1}{4}$ C. sugar. Fold into lemon mixture.

Pour in pan. Chill 2 hours. Sprinkle crumbled left-over baked pastry around edge. Chill until serving time. Makes good tarts, too.

Frozen Lime Pie

- 6 Eggs separated
- $\frac{1}{3}$ Cup lime (fresh) juice
- 1 Cup sugar

- Green food coloring
- 2 Bottles avoset whipping cream
- Graham crackers

Roll graham crackers until they're crumbs. Line the bottom of two nine inch pie pans with crumbs. Set remaining crumbs aside. Separate eggs. Cook yolks, sugar and lime juice in double boiler until thick. About 10 min. Cool. Add coloring. Whip egg whites until stiff. Whip cream until stiff. Fold cream into egg mixture. Fold egg whites into cream and egg mixture. Spoon into pie pans. Top with crumbs. Freeze. Lemon and orange may be substituted for lime only use $\frac{1}{2}$ cup juice.

Bee Shaver

Old Sage Pie

- 1 Egg, beat white stiff, add yolk
- $\frac{2}{3}$ Cup sugar
- 3 Heaping Tbsp. flour
- $1\frac{1}{2}$ tsp. baking powder
- $\frac{1}{2}$ tsp. salt
- 1 Cup chopped apples
- $\frac{1}{2}$ Cup chopped nuts

Pour into greased pie pan and bake 30 minutes in 350° oven.

Ann Krebs

Lime Chiffon Pie

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|------------------------------|--|
| 1 Envelope gelatine | $\frac{1}{2}$ Cup lime juice |
| $\frac{1}{4}$ Cup cold water | $\frac{1}{2}$ tsp. salt |
| 4 Eggs, separated (fresh) | 1 tsp. grated lime rind |
| 1 Cup granulated sugar | $\frac{1}{2}$ Cup heavy cream, whipped |

Soak the gelatin in cold water about 5 minutes. Combine in a double boiler the beaten egg yolks, one-half of the sugar, lime juice and salt. Cook over boiling water until smooth and thickened, stirring constantly. Add the gelatin and stir until dissolved. Add lime rind and chill until beginning to set. Beat egg whites until quite stiff, then gradually add remaining $\frac{1}{2}$ c. sugar, while continuing to beat until stiff. Fold into cooled custard mix. Pour into baked shell and cover with whipped cream. Add green coloring for a more lime color.

Marguerite Norton

".... the workman is worthy of his meat." Matthew 10 : 10

Orange Chiffon Pie

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|--------------------------------|------------------------------|
| 4 Eggs yolks | 1 tsp. grated orange rind |
| 1 Cup sugar | 2 tsp. gelatine softened in |
| $\frac{1}{2}$ tsp. salt | $\frac{1}{4}$ Cup cold water |
| 2 Tbsp. lemon juice | 4 Egg whites |
| $\frac{1}{2}$ Cup orange juice | |

Beat yolks; add $\frac{1}{2}$ C. sugar, salt, juices and rind. Cook and stir in double boiler until thick. Add gelatin and stir until it is dissolved. When beginning to set, beat egg whites until stiff with remaining sugar and fold into mixture. Pour into baked pie shell. Chill. If desired, fold into mixture $\frac{1}{2}$ C. heavy cream, whipped, or spread finished pie with whipped cream. Makes 9-inch pie.

Creamy Peach Pie

Prepare a 9" unbaked pie shell. Peel and slice peaches to make 3 cups (or 1 can peaches for pie). Combine $\frac{3}{4}$ C. sugar, $\frac{1}{4}$ C. flour, $\frac{1}{4}$ tsp. salt, and $\frac{1}{2}$ tsp. nutmeg. Add all this to peaches. Put in pastry shell; then pour 1 C. heavy cream over top. Bake at 400° 35-45 minutes.

Mrs. T. W. White, Jr.

Orange Ice Box Pie

- 1 Envelope plain gelatine
- ¼ Cup cold water
- 1 Cup sugar

- 1 6 ounce can frozen orange juice (undiluted)
- 3 Large eggs, separated
- 1 Tbsp. lime or lemon juice

Soften gelatine in cold water 5 min. In top of double boiler combine ½ cup sugar, slightly beaten egg yolks, undiluted frozen orange juice & lime or lemon juice. Cook over hot water until mixture thickens & coats spoon. Add softened gelatine and stir until dissolved. Remove from heat and cool. When mixture is cool, beat egg whites until they form moist peaks. Add remaining sugar about 2 T. at a time, beating with beater after each addition until very stiff. Fold egg white mixture carefully into cooled orange mixture. Pour into pie plate lined with graham cracker crust.

Chill in refrigerator at least 4 hrs. Garnish with whipped cream.

Florence Wyatt

French Peach Pie

Make ½ recipe of pie crust.

- 8 Fresh peaches (about 3½ cups)
Or 1 can sliced peaches
- 1 Cup sugar
- 2 Tbsp. flour

- 1 Egg, slightly beaten
- 1 Cup heavy cream
- ½ tsp. vanilla
- ¼ Cup shredded almonds

Roll pastry ⅛ inch thick and line pie pan and flute. Peel, stone and slice peaches; or, if canned peaches are used, drain and arrange sliced peaches in pie shell.

Combine sugar and flour. Add egg and cream and mix well. Add flavoring. Pour mixture over peaches. Sprinkle with almonds. Bake in hot oven (450°) for 10 minutes, then reduce heat to 350° for about 35 minutes. Serve when cold. This pie can be made the day before serving, but keep it in the refrigerator as it is delicious when thoroughly chilled.

Mrs. Rose C. Ciccarelli

Pecan Pie

- ⅓ Cup butter
- ½ Cup packed brown sugar
- 1 Cup light corn syrup

- 1 tsp. vanilla
- 3 Eggs, slightly beaten
- 1 Cup pecans

Cream butter and sugar. Add corn syrup and vanilla. Mix well. Add slightly beaten eggs. Beat mixture for three minutes. Add pecans. Pour into 9" unbaked pastry. Bake at 450° for 10 minutes and 350° for 25 minutes.

Fran Royer

Peanut Butter Chiffon Pie

Soften:

- 1 Envelope Knox gelatine in $\frac{1}{4}$ cup cold water (let stand)

Beat well:

- 2 Egg yolks and 2 Tbsp. sugar, add $\frac{1}{4}$ cup water & $\frac{1}{2}$ tsp. salt

Stir in gelatine until dissolved. Cook over boiling water, beating constantly with egg beater, until thick and fluffy. Remove from heat. Let cool. Place in bowl:

- $\frac{1}{2}$ Cup peanut butter mixed with $\frac{1}{2}$ cup water (Beaten till smooth)

Add custard to peanut butter mixture. Beat thoroughly with egg beater. Chill until slightly thickened.

Beat until stiff:

- 2 Egg whites with 2 Tbsp. sugar

Fold stiffly beaten egg whites into peanut butter mixture. Add $\frac{1}{2}$ teasp. vanilla. Pour mixture into 9-inch baked pie shell. Chill until firm. Serve with whipped cream sprinkled with nutmeg.

Dorothy Springer

Spring Pie

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|---|----------------------|
| 1 $\frac{1}{2}$ Cup raw rhubarb (or frozen) | 2 Cups strawberries |
| $\frac{1}{4}$ Cup water | 2 Oranges |
| $\frac{3}{4}$ Cup sugar | 1 Cup sliced bananas |
| 4 Tbsp. flour | Nutmeg |
| | Pastry shell |

Cook rhubarb slowly for one minute, covered, with $\frac{1}{4}$ c. water. Add sugar mixed with flour. Add oranges, pared and cut fine. Add strawberries and sliced bananas. Cook until flour is well done but not long enough to break fruit too much. Turn into baked pastry shell, top with meringue and brown in moderate oven.

Strawberry Chiffon Pie

Dissolve 1 package strawberry gelatin in 1 C. water. Dissolve 1 package plain gelatin in $\frac{1}{2}$ C. water. Cool until nearly set.

Whip two egg whites till stiff and add 4 Tbsp. sugar. Combine with gelatin. Add 1 C. crushed strawberries and $\frac{1}{2}$ C. whipping cream. Put into baked pie shell and top with whipped cream.

Mrs. Schlepp

French Strawberry Pie

Mash three 3-ounce packages softened cream cheese; beat smooth. Then spread in baked 9" pie shell. Fill with 3 cups well-drained washed strawberries (or frozen whole strawberries); gently press to cheese. Melt $\frac{3}{4}$ c. currant or apple jelly over low heat; stir smooth. Cool, stirring occasionally; spoon cooled jelly over berries. Chill $\frac{1}{2}$ hour, no longer.

Mrs. T. M. Binnion

Pumpkin Pie

1 $\frac{1}{4}$ Cups cooked pumpkin	Pinch of ginger
$\frac{3}{4}$ Cup brown sugar	1 tsp. cinnamon
2 Beaten eggs	$\frac{1}{2}$ tsp. salt
$\frac{1}{4}$ tsp. cloves	1 $\frac{1}{2}$ Cups warm milk, scalded
$\frac{1}{2}$ tsp. mace	1 Tbsp. butter
$\frac{1}{2}$ tsp. vanilla	

Beat eggs and sugar. Add pumpkin, dry ingredients and warm milk. Put into unbaked pie shell. Bake at 450° for 10 minutes. Reduce heat to 325° for 30 minutes or until silver knife comes clean from center. Do not let pie boil, as that will make it watery. This pie freezes nicely if wrapped air tight and allowed to completely defrost on rack before removing covering.

Esther Monroe

*Now I get me up to work
I pray the Lord I may not shirk,
And if I die before tonight
I pray my work will be all right.*

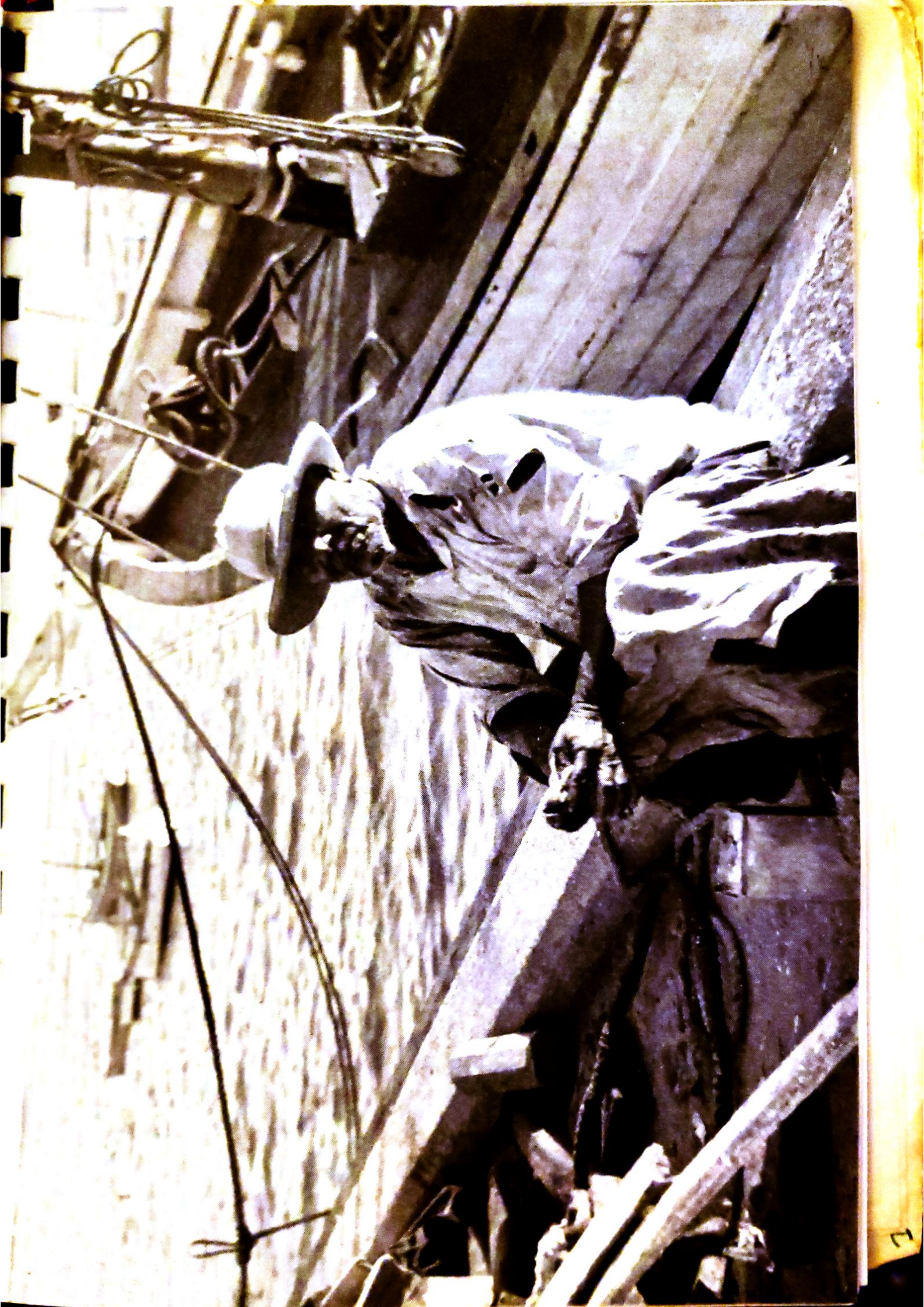


Photo by Iety Couzy

Pot Pourri

Peanut Stir

- 2 Cups shelled raw peanuts
- 1 Cup granulated sugar
- $\frac{1}{2}$ Cup water

Put all three ingredients in sauce pan. Cook until sugar crystallizes. Then let it cook until it becomes syrupy again. Pour out in buttered platter and let cool.

Date Loaf Candy

- 2 Cups sugar
- 1 Cup water
- 1 pkg. dates, chopped
- 1 Cup pecans (chopped)
- 1 tsp. vanilla
- 2 Tbsp. butter

Boil sugar and water until it forms a soft ball when tested in cold water. Add dates and cook 5 minutes longer. Watch closely and stir as necessary to prevent scorching. Remove from heat and beat thoroughly. Add nuts, vanilla and butter. Continue beating until very stiff. Pour onto damp cloth and mold into long roll.

Mrs. H. McMillin

Rum Balls

- $1\frac{1}{4}$ Cups finely chopped vanilla wafers
- 1 Cup confectioners sugar
- $1\frac{1}{2}$ Cups chopped nuts
- 2 Tbsp. cocoa
- 2 Tbsp. light corn syrup
- $\frac{1}{4}$ Cup rum
- $\frac{3}{4}$ Cup granulated sugar

Combine crumbs, confectioners sugar, nuts and cocoa. Add syrup and rum. Mix well; shape into balls; roll into $\frac{1}{2}$ cup nuts and rest in sugar.

Olga Rozencwajg

Date Loaf (Christmas Confection)

- 3 Cups sugar
- $\frac{3}{4}$ Cup white Karo

Moisten well with evaporated milk. Boil 10 minutes. Add one pound pitted dates. Mash dates to pulp with potato masher while boiling. Cook to soft ball stage.

Remove from fire and add one pound pecans and one pound English walnuts. Add sifted confectioner's sugar until right consistency to form "log" rolls. Roll in damp cloth. When cool, cut in slices.

Pat Hart

Walnut Sandwich Filling

- | | |
|---------------------------|-------------------------------|
| 6 Hard boiled eggs | 1 Small onion, finely chopped |
| 1 Cup chopped walnuts | Mayonnaise to moisten |
| 1 Small can red pimientos | |

Sally Allen

Sloppy Joe's (Scout Style) Serves 50

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|---|-----------------------------------|
| 4 Kilos (8 pkgs.) ground round -
brown in $\frac{1}{2}$ cup corn oil | 2 Cans tomato soup |
| 8 Onions, diced (med. size) add: | 4 Cups water |
| 2 Cups diced celery, add: | 4 Tbsp. mustard |
| 5 Diced green peppers, add: | 1 Tbsp. garlic juice |
| 4 Bottles catsup, add when above
is done | 3 Tbsp. salt |
| 2 Cans tomato puree | 2 tsp. pepper |
| Serves 50. | 3 Tbsp. Kitchen Bouquet |
| | 1 tsp. hot pepper sauce, optional |

Cook on low for three hours. Served on hamburger buns.

Esther Monroe

Chipped Beef Sandwiches

- | | |
|------------------------------|--|
| $\frac{1}{4}$ Lb. dried beef | 1 Medium size can tomatoes,
drained |
| $\frac{1}{8}$ Lb. cheese | |
- Drain juice from tomatoes and use tomatoes only. Grind beef, cheese and tomatoes through meat grinder. Makes 1 dozen sandwiches. Can be kept in jar in refrigerator for a reasonable length of time or sandwich can be frozen.

Esther Monroe

Baked Tuna-Cheese Buns

- | | |
|---|------------------------------|
| $\frac{1}{4}$ Lb. cubed American cheese | 2 Tbsp. minced onion |
| 3 Chopped hard-boiled eggs | $\frac{1}{2}$ Cup mayonnaise |
| 2 Tbsp. pickle relish | 3 Tbsp. chopped olives |
| 1 Can Tuna fish | 6 Split hamburger buns |
| 1 Tbsp. minced green pepper | |

Combine all ingredients. Spoon mixture between bun halves. Wrap well in alum. foil. Refrigerate (or freeze) until ready for use.

Leave buns wrapped in foil and bake 15 min. @ 400 degrees.

Mrs. George A. Janson

Chili Stack

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|------------------------------|--|
| 2 Tbsp. shortening | 1 Tbsp. chili powder |
| 1 Onion, chopped fine | 1 tsp. salt |
| 1 Clove garlic, chopped fine | Dash of pepper |
| 1 Green pepper, chopped | 1 Can (No. 2 $\frac{1}{2}$) tomatoes |
| 1 Pound ground beef | $\frac{1}{2}$ Cup sharp cheese, grated |
| 2 Tbsp. all-purpose flour | |

Put shortening in skillet. When hot, add onion, garlic and green pepper and cook until onions are slightly browned. Add meat and cook until crumbly. Next, blend flour though mixture, then add remaining ingredients, except cheese. Turn heat to a low setting and cook for 30 minutes. Just before serving stir in the cheese. Delicious served on toast or toasted hamburg buns. Serves 4 or 5.

Mrs. Helen Humphreys

Lobster Rolls

6 Frankfurt rolls split down center, butter outside and toast on hot griddle.

Place crisp lettuce inside split roll and heap with lobster salad. Serve with potato chips and pickles.

Lobster Salad

2 Cups fresh lobster meat

2 Stalks diced celery

Moisten as desired with a tart salad dressing. Onion or green pepper may be added but it is usual to have just lobster meat. Served at roadside stands and coast resorts in N.E. Rock Lobster may be used.

Lucille Seekins

Camarones Pacifico (Canape)

16 Raw shrimps (large)

1 tsp. Worcestershire sauce

12 Ounces grated cheddar cheese

4 Large eggs, separated

$\frac{1}{2}$ tsp. garlic salt

1 tsp. baking powder

Clean shrimp; cut in half lengthwise and marinate in $\frac{2}{3}$ oil, $\frac{1}{3}$ vinegar for at least 1 hour in the refrigerator. Make rounds or triangles of bread (32) and toast on one side. Combine grated cheese, garlic salt and worcestershire sauce with beaten egg yolks. Blend thoroughly. Beat egg whites with baking powder and fold in. Spread thin layer of this mixture on untoasted side of bread. Place $\frac{1}{2}$ of shrimp on each piece and cover with more of cheese mixture. Place under preheated broiler to brown and puff up.

Mrs. T. Waasdorp

Shrimp or Lobster Dip

1 Pint mayonnaise

$\frac{1}{2}$ tsp. caraway seeds

1 Cup cottage cheese

$\frac{1}{2}$ tsp. celery seed

$\frac{3}{4}$ Cup finely chopped onion

$\frac{1}{2}$ Tbsp. dry mustard

1 tsp. garlic salt

$1\frac{1}{2}$ Tbsp. Worcestershire sauce

$\frac{1}{2}$ tsp. salt

1 tsp. dry sherry

$\frac{1}{2}$ tsp. black pepper

1 tsp. chili sauce

$\frac{1}{4}$ tsp. tabasco sauce

Mix together thoroughly the mayonnaise, cottage cheese and chopped onion. Add the remaining ingredients, and blend everything well. Allow the mixture to stand in a cool place (not the refrigerator) for at least 6 hours. This makes about 1 quart of dip.

Peggy Orr

Canape's

Cheese Balls (Spread)

- | | |
|--------------------------------------|--------------------------------|
| Small pkg. Philadelphia cream cheese | 1/2 Lb. Coon cheese |
| One jar Old English | 1/4 Lb. New York cheese |
| Two ounce pkg. of Leiderkranz | 1/4 Lb. sharp cheddar |
| 1/4 Lb. Roquefort | 1 Tbsp. Lea and Perrin's sauce |

Grate the hard cheeses and mash the soft ones. Knead and mold in ball. Sprinkle wax paper with chill powder and roll cheese ball in this to sufficiently coat outside. Wrap tightly in aluminum foil. May be kept in icebox or deepfreeze. Remove from icebox 1/2 hour before using to facilitate spreading. Substitutions may have to be made here for some of these cheeses; try to get as much of a variety as possible.

Mary Byington

Ad Newton's Cheese and Bacon Squares

Grate fine:

Chop fine:

Mix with:

Add:

- 1/2 tsp. Worcestershire sauce
- Dash of tabasco sauce

- 1 Pound of coon cheese
- 5 or 6 slices of bacon
- 3/4 Stick of softened oleo or butter

- 1/2 tsp. dry mustard
- 2 Tbsp. finely grated onion
- Salt and pepper to taste

Spread on small squares of bread. Bake in 375 degree oven until brown. Serve hot as canapes.

Robin Garig

Cream Cheese and Anchovy Spread

- 3 pkgs. cream cheese
- 1/4 Lb. butter
- 1 Can anchovies

- 1/4 tsp. caraway seeds
- Add a little paprika

Mix it and serve on rye bread or crackers on hors d'oeuvres.

Olga Rozencwajg

Cheese Apetizers

- 1/2 Cup butter
- 1/2 Lb. Am. cheese grated (other cheese may be used)

- 1 Cup sifted flour
- Cayenne pepper or tabasco or paprika

Thoroughly cream the butter and cheese. Add the flour and pepper and mix well. Chill well — may be kept in refrig. several days. Roll in small balls — about 3/4 in. in diameter. Arrange on baking sheets. Bake at 375° for 15 to 20 min. Serve piping hot. Makes about 60 balls. The balls can be made out and kept in freezer until needed.

J. Greene

Creame de Dindon (Turkey-pate)

Mix 1 cup leftover turkey meat with 4 mashed anchovy fillets, 5 olives, 2 slices cooked ham without any fat. Grind this mixture and season with ketchup, mayonnaise, capers, worcestershire sauce. Chill well.

Serve this pate as a snack or appetizer on fresh lettuce greens with toast and butter.

Marion Neumann

Snappy Cheese Rolls

Cheese, process American,
1/2 pound
Celery, chopped, 1 cup
Dill Pickle, minced, 1/3 cup
Chili sauce, 2 Tbsp.

Mayonnaise or mayonnaise-type
salad dressing, 3 Tbsp.
Frankfurter rolls, 8
Butter, soft, 1 Tbsp.

Cut cheese in 1/4-inch cubes; add celery and pickle. Stir chili sauce into mayonnaise, mix well. Pour over cheese mixture and toss until all pieces are coated. Slit rolls lengthwise halfway down; remove part of center and fill with cheese mixture. Spread butter on top crusts; place on ungreased shallow baking pan. When ready to serve heat in moderate oven (350 degrees) for 15-20 minutes until rolls are lightly toasted and cheese is melted. Serve hot. These can be made ahead and stored in the refrigerator covered with wax paper.

Ruth J. Collins

Snacks

1 Large box rice checks
1 Large box Cherrio oats

1 Large box stick pretzels
1 Can nuts

Place all together in large pan. Pour over top 2 sticks melted butter to which 2 T. worcestershire sauce has been added. Stir well. Put in 200° oven not less than 3 hours. Store in tight can.

Helen McIntyre

Cheese Balls (Canapes)

1 Jar small stuffed olives
1 Stick butter
1/4 tsp. baking powder
1 Glass of sharp cheese
(Kraft glass size)

1 Cup flour
5 Shakes tabasco sauce
Paprika

Cream cheese and butter. Add flour, baking powder, and tabasco. Roll dough around olives. Sprinkle with paprika. Bake at 375 degrees for 10 minutes or until just browned. May be frozen unbaked.

Mrs. V. K. Reeve

Sauces

Bearnaise Sauce

- | | |
|--------------------------|---|
| 4 Egg yolks | 1 Tbsp. chopped parsley (1 tsp. if dried) |
| 1 Cup of butter | |
| 1 Tbsp. lemon juice | 1 tsp. of onion juice |
| 1 Tbsp. tarragon vinegar | Dash Cayenne or tabasco |

Place egg yolks with 1/3 of butter in top of double boiler. Keep water in bottom of boiler hot but not boiling. Add remaining butter in two portions as sauce thickens, stirring constantly. (Preferably with a wire whisk). Remove from heat and add remaining ingredients. Serve with broiled meat (beef tenderloin). Makes 1 cup. Do not reheat. This may be made ahead and kept at room temperature until ready to serve. Left over sauce may be stored in refrigerator and warmed up at room temperature.

Hollandaise Sauce

- | | |
|--------------------------|--------------------------------|
| 1/2 Cup butter | 1 Tbsp. lemon juice |
| 2 Egg yolks, well beaten | Proceed as per Bearnaise sauce |
| Dash cayenne | |

Kay Howdeshall

Butterscotch Sauce

In a saucepan combine:

- | | |
|-------------------|-------------------------------|
| 1 Cup brown sugar | 2 Tbsp. white corn syrup |
| 1/4 Cup milk | 3 Tbsp. butter (or margarine) |
- Stir; heat to boiling-then boil 3 minutes or to 220 F. on candy thermometer. Enough for 6 good servings.

Joan Bridges

Teriyaki Sauce

- | | |
|----------------------|---------------------------|
| 1/2 Cup soya sauce | 3 Cloves garlic (crushed) |
| 6 Tbsp. honey | 2 Chopped green onions |
| 4 Tbsp. vinegar | 1 1/2 Cups salad oil |
| 3 tsp. ground ginger | |

This sauce may be used for marinating steaks, chicken, spare ribs, pork loins, tenderloin roasts, skewered meat, etc. before grilling.

Frances Van Schouwen

Bar-B-Que Sauce

Makes about 2 quarts

- | | |
|-------------------------------------|--|
| 1/4 Lb. oleo | Lemon juice |
| 4 Cloves garlic chopped | 2 Tbsp. chili powder (more if desired) |
| 2 Cans tomato sauce | 1 or more Tbsp. mustard |
| 2 Cans water | 1 Tbsp. horse radish |
| 1 Whole bottle A1 sauce | Dash of tabasco (Hot to taste) |
| 1 Whole bottle Worcestershire sauce | |

Let simmer until well mixed, set in pit and brush meat often — will thicken. If you care for it you may also add a few Bay Leaves.

This is wonderful for pork ribs.

Mrs. W. L. Baker

Tomato-Cheese Sauce

- | | |
|----------------------------|------------------|
| Small pkg. Velveeta cheese | ½ Lb. of butter |
| 1 Green pepper | 3 Tbsp. flour |
| 1 Can tomato soup | Button mushrooms |
| 2 Cups milk | Hard boiled eggs |

Melt cheese in top of double boiler; add butter and melt, add flour, milk, soup, green pepper (chopped or thinly sliced), mushrooms, mix and stir — add salt and pepper to taste. Before serving, add sliced hard boiled eggs. Serve on toast.

Joan Bridges

Chili Sauce

- | | |
|----------------------------------|-------------------------------------|
| 6 No. 2 cans tomatoes — 5½ pints | 2 Scant cups vinegar |
| 3 Green or red peppers | Put in bag: |
| 3 Onions | 1 Red pepper - hot |
| 6 Stalks celery heart - 3 stalks | 1 Clove garlic - I just cut mine in |
| pascal celery | with onion |
| 1 Tbsp. salt | 2 Tbsp. mixed pickling spices |
| 2 Scant cups brown sugar or 1½ | |
| cups if you want it less sweet | |

Chop tomato, onion, etc. Cook down; add vinegar, cook down again. Add salt, sugar, spice bag and about 1 tsp. mace or any spice you like. Cook until thick.

If you can get red hots — add package with sugar and cut sugar to 1 cup tightly packed; omit tsp. mace.

Charlotte Fitzgerald

Mango Chutney

(Sunset Barbecue cook book)

- | | |
|--------------------------------|------------------------------------|
| 3¼ Cups sliced, peeled mangoes | 2 Tbsp. finely chopped garlic |
| (aproximately 7 small man- | 4 Tbsp. finely chopped green |
| goes) | ginger or preserved ginger |
| 2½ Cups white sugar | 1½ tsp. salt |
| 1 Cup brown sugar, firmly | 1½ tsp. whole cloves |
| packed | 1½ Small dry red chili peppers (or |
| 1 Cup cider vinegar | French's crushed red pepper) |
| ½ Cup seedless raisins | |

Combine mangoes with white sugar and brown sugar; stir in mix well, then let stand overnight. In the morning remove the mangoes from the syrup that has formed. To the sugar syrup, add the vinegar, raisins, garlic, ginger, salt and cloves. Snip the stems off the chili peppers and shake out seeds; crumble the peppers and add to the syrup mixture (or use French's). Stirring occasionally, simmer for 30 minutes. Add the mangoes and continue cooking for 20 minutes. Pour into hot sterilized jars and seal. Makes 4 half pints.

Betsy Frazier

Sauces

Barbecue Sauce

(this was in old cook book already printed in Aruba and is Julia Sherman's. It was always used at golf club etc. We use it in all of our outside cooking — it can be stored in the refrigerator for months).

- 1 Bottle catsup
- 1 tsp. Worcestershire sauce
- 1 tsp. prepared mustard
- $\frac{1}{2}$ Cup vinegar

- 2 Tbsp. sugar
- 1 Whole onion
- 2 Cloves of garlic
- Salt and tabasco to taste
- Simmer $\frac{1}{2}$ hr.

I always triple this for convenience.

Jane Humphreys

Smokey Barbecue Sauce

- 2 Cups finely chopped onion
- 2 Cloves garlic, finely chopped
- $\frac{1}{2}$ Cup catsup
- 2 Cup chili sauce
- $\frac{1}{3}$ Cup lemon juice
- 2 Tbsp. vinegar

- 1 tsp. tabasco sauce
- $\frac{1}{3}$ Cup water
- 3 Tbsp. brown sugar
- 1 tsp. dry mustard
- 2 Tbsp. liquid smoke
- 1 Bay leaf

(If sauce is to be used for basting lean meat, add $\frac{1}{2}$ C. cooking oil). Combine ingredients and simmer over low heat for one hour.

Jean Fincher

Hot Homemade Mustard

- 4 Oz. dry mustard (2 2 oz. cans)
- $\frac{1}{2}$ Cup sugar

- $\frac{1}{3}$ Cup, plus 2 Tbsp. water
- $\frac{1}{2}$ tsp. vinegar

Blend together ingredients. Store in covered jar in the refrigerator about 2 weeks before using it. The longer it stands, the better the flavor.

Ruth J. Collins

Cranberry and Orange Relish

- 2 Cups cranberries
- 1 Orange

- 1 Cup sugar

Wash cranberries and grind in meat chopper with medium blade. Add pulp and juice of orange and grated rind to cranberries. Add sugar. Allow to stand 24 hours tightly covered before using. Molded salad may be made by using mixture with orange jello dissolved in $1\frac{1}{2}$ cups of boiling water poured into mold and chilled. Usually served with Thanksgiving turkey.

Lucille Seekins

Brandy Cherry Sauce

- | | |
|---------------------------------|---|
| $\frac{1}{2}$ Cup sugar | $\frac{3}{4}$ Cup cherry juice, drained from
canned cherries |
| $\frac{1}{4}$ Cup water | 1 Cup canned pitted Bing cherries |
| 1 or 2 pieces of stick cinnamon | 1 Tbsp. brandy |
| 1 Tbsp. cornstarch | |

Combine sugar, water and cinnamon stick in saucepan and boil over medium flame for 5 minutes, stirring occasionally. Remove from heat and discard cinnamon stick. Mix together in another saucepan, the cornstarch and cherry juice. Pour sugar syrup over cherry juice and blend well. Cook over medium flame until thick and clear, stirring constantly. Remove from heat and add cherries and brandy and serve over plain cake or ice cream. Serves 4.

Mrs. Van Gaalen

Bittersweet Fig Sauce

- | | |
|-----------------------------------|---|
| $\frac{1}{2}$ Cup pecans | $\frac{1}{4}$ Cup Sherry wine |
| $\frac{1}{2}$ Cup soft dried figs | $\frac{1}{3}$ Cup orange or pineapple juice |
| 1 Cup orange marmalade | |

Chop pecans; clip off stems and cut figs in small pieces. Blend all ingredients and heat slightly. Serve warm over firm vanilla ice cream or chilled baked custard. Makes about $1\frac{1}{2}$ cups of sauce.

Lydia McBurney

*If you wish your Brain to feed,
Recipes like these are what you need.
The Garden sends us richest store,
What could our hearts desire more.*

Ike's Vegetable Soup

Makes about 4 quarts

- | | | | |
|----|----------------------------|---|---|
| 8 | Cups beef stock & meat | 1 | Cup coarsely shredded cabbage |
| 1 | Can (about 1 lb.) tomatoes | ½ | Cup fresh or frozen peas |
| 1½ | Cups diced potatoes | ½ | Cup Whole-kernel corn (fresh, canned or frozen) |
| 1 | Cup diced white turnips | 2 | tsp. gravy seasoning |
| 1 | Cup sliced celery | ¼ | „ celery salt |
| 1 | Cup sliced carrots | ¼ | „ pepper |
| ½ | Cup sliced onion | | |
| ¼ | Cup barley | | |

1. Heat stock and meat to boiling in large kettle; add tomatoes, potatoes, turnips, celery, carrots, onion and barley*; bring to boiling; reduce heat; simmer, stirring occasionally, about 20 minutes.
 2. Add cabbage, peas, and corn; bring to boiling again; simmer about 10 minutes longer, or just until vegetables are crisply tender; stir in gravy seasoning, celery salt, and pepper; taste and add salt if needed.
- * Ike says to cook the barley separately if you cannot watch the soup and stir it occasionally.

"Small cheer and great welcome makes a merry feast."

William Shakespeare

Beef Stock

(For vegetable soup)

Makes about 2 quarts (8 cups)

- | | | | |
|---|--------------------------------------|----|------------------------|
| 2 | Pounds shin of beef, cut in 1" cubes | 1 | Large onion, sliced |
| | | | Or: 1 clove of garlic |
| 1 | Beef knucklebone, cracked | ¼ | tsp. pepper |
| 4 | Marrowbones, each 2" long | 2½ | Quarts water (10 cups) |

1. Place beef, bones, onion, seasonings, and water in large kettle; heat to boiling; skim top; cover; simmer 3 to 4 hours. (Ike sometimes cooks his all day.)
 2. Remove bones; cool, then chill stock overnight (stock will jell and fat will rise to top and harden); remove fat; store stock in refrigerator until ready to use.
- * If you have bones from a roast chicken, add them for extra flavor.

Mrs. F. Legenhausen

Shrimp Chowder

- | | |
|--------------------------------|-----------------------------------|
| 1 Lb. shrimp - cooked & cut up | $\frac{1}{2}$ Cup canned milk |
| 1 Can mushroom soup | $\frac{1}{3}$ Cut up green pepper |
| 1 Cup milk | 1 Chopped onion |
| | 2 Stalks chopped celery |

Saute pepper, onion, celery in about 3 T. butter. Add shrimp, soup & milk - salt & pepper to taste. Simmer slowly a few minutes.

Marvin Massey

Rabbit Soup

- | | |
|-----------------------|---------------|
| 1 Rabbit | Pepper |
| 1 Small white cabbage | 1 Small onion |
| 2 Large carrots | Salt |
| 1 Bay leaf | |

Place rabbit in a deep pot; cover with water. Loosen leaves of cabbage and cut up in large pieces. Add cabbage, pepper, salt and bay leaf to rabbit. Bring to a boil and let cook over very small fire until done. This depends on size of rabbit - usually 2 or 3 hours.

Elisabeth Hartog

Rate Toeje Soup

- | | |
|------------------------|-------------------------------|
| 1 Kilo tomatoes | 1 Large or two small cucumber |
| 4 Green or red peppers | $\frac{1}{2}$ Pound onions |

Fry chopped onions in a little butter or oil until golden brown. Add a little salt and some fresh Spanish pepper. (Remove seeds). Seed the tomatoes and cucumbers and cut them into small pieces. Add this to onions, without water. Cook soup until vegetables are tender on a very low fire.

Elisabeth Hartog

Gumbo Soup (West Indian Giambo)

- | | |
|----------------------------------|---------------------|
| 25 Gumbo | A piece of basil |
| 2 Slices fish | Hot pepper to taste |
| $\frac{1}{2}$ Pound family beef* | |

Put the beef to soak in cold water. Boil fish in a little water. Boil family beef until tender. Slice gumbo in thin round slices. Clean fish off bones; boil fish, beef, gumbo, basil, and pepper in beef and fish stock, until gumbo is tender. Serve with Funchi. This is a real Arubian dish.

A. C. de Veer

* dried or salted meat.

Soups

Arubian Fish Soup

- Heads and tails of 2 medium Red Snappers
- 4 or 5 carrots
- 3 Tomatoes
- 3 or 4 onions
- 2 Stalks of celery

- 1 Small of leek
- 1 Sweet pepper
- 3 or 4 potatoes
- 6 or 8 jambos (okra)
- Salt
- 3 or 4 Spanish peppers

Wash and clean fish heads and tails; clean carrots; celery, leek, onion, sweet pepper and jambo and cut into small pieces; quarter tomatoes and potatoes. Place fish and vegetables in 2 pints of water and let cook for 1½ or 2 hours on a low flame. Salt to taste. For those who like the soup *hicante* (and for only those who do!) add the small Spanish peppers. Serve soup with *Funchi*.

Mrs. Dora Schult

Chickennoodle & Spinach Soup

- 1 Small lean (7¾ oz.) can spinach
- 1 Can water
- 1 Can Campbell's chicken noodle soup

Put all together in osterizen and mix at high speed 1 min.

- ¼ Cup evap. milk
- ¼ Cup water
- 1 Tbsp. Maggi sauce
- 1 Tbsp. Worcestershire sauce
- 1 tsp. salt

Add to mixture, stir well and put to cook on low fire until it reaches boiling point. Remove and serve hot (4 servings).

Mrs. A. C. Eman

Chicken Soup (*Saucochi di gallinja*)

- 1 Chicken (about 1½ kilo)
- ½ Kilo soup bone
- 4 Small potatoes
- 2 Small sweet potatoes
- 2 Jams
- 1 Piece of pumpkin
- 2 Corn on cob
- 1 Plantain (cut in 4 pieces)
- 4 Carrots
- ½ Cup of peas
- 1 Tomato (sliced)
- 1 Small green pepper (sliced)
- 1 Small red hot pepper (sliced)
- 2 Onions
- Celery and leek
- Some olives & capers
- Salt
- About 2 l. of water

Put chicken and soupbone, tomato and onions in large soup kettle. Cover with water and slowly bring to a boil. When chicken is almost tender, cut this into pieces, strain the soup, add all the other ingredients and continue cooking until potatoes are ready. This may be served in a soup tureen. Or strain soup and serve separately. Arrange the pieces of chicken on large platter, surrounded by all the vegetables. This is a main meal.

Miss Olga Henriquez

MULLIGATAWNY SOUP (India)

I'm sure this recipe is not authentic, in all ingredients, but it is wonderfully good.

In: 1½ Tbsp. butter, Saute: 1. Clove garlic, put through garlic press and ½ Cup finely chopped onion.

Add:

- 2 tsp. curry powder, and fry well

Then add:

- | | |
|--------------------------------|------------------|
| 1/3 Cup rice | 1 tsp. MSG |
| 1/2 Cup finely shredded carrot | 1/4 tsp. saffron |
| 3 14 oz. cans chicken broth | Salt & pepper |

Bring to boil and cook until rice is tender.

Stir in:

- 1/4 Cup evaporated milk, blended with 2 Tbsp. cornstarch
Boil 2-3 minutes, then add:
- | | |
|-------------------------|------------------------|
| 1/2 Cup evaporated milk | 1 Cup boneless chicken |
|-------------------------|------------------------|

Kay Evans

Dutch Green Split Pea Soup

- | | |
|------------------------------------|---------------------------------------|
| 1 Pound green split peas | 4 Stalks celery, including green tops |
| 3 Quarts water | 2 Bay leaves |
| 6 Medium onions, chopped | 2 Cloves |
| 2 Carrots, diced | 1 Dutch smoked sausage |
| 1 pkg. Vita frozen soup Vegetables | 1 Can chicken gumbo soup |

Rinse and sort peas. Place in kettle with other ingredients. Bring to a boil and let simmer for about three hours. Stir regularly, and season to taste.

Mrs. Katoen

Soup

Leek and Potato Soup (Vichyssoise) - May be served cold, surrounded with crushed ice - or may be served hot - 6 servings.

1. Dissolve 3½ bouillon cubes in 3½ cups hot water - set aside.

2. Heat in a 3-qt. saucepan: ¼ C. chicken fat or butter.

Add to this and cook over low heat about 5 min.:

6 to 8 leeks (white part only), finely chopped; and, ¼ cup finely chopped celery.

3. Wash and pare and thinly slice: 4 medium (3 C.) potatoes.

Add to 1 and 2 above, together with 1 tsp. salt and 1/8 tsp. pepper.

Cover and simmer 15 to 20 mins., or until potatoes are tender.

Put mixture through fine sieve and blend in 2 cups cream. If to be served cold, chill in refrigerator. Pour soup into tureen.

Sprinkle over top 1 Tbsp. chopped chives.

Fran Allard

*The grace of our
Lord Jesus Christ
And the love of God
And the communion of
The Holy Ghost be
With you all*

II Cor. 13 : 14



Photo by Jack Elder

ARUBA

Aruba is that enchanted island in the Netherlands Antilles group directly north of the Paraguaná Peninsula, Venezuela. It is a seventy square mile oasis of sun, sand and sea, the always memorable blue Caribbean Sea.

Aruba's first known inhabitants were the Arawak Indians, a peaceful tribe originating in South America. Their burial urns have been found in Aruba, containing bones of the corpse in a sitting position. Some of these urns are displayed in museums of nearby Curaçao and also Rotterdam, Holland. The Caribe Indians, a war-like, cave-dwelling tribe are believed to have later subdued the Arawaks. Indian hieroglyphics can be seen on the huge boulders at Ayo and Piedra Plat, and in the caves at Canashito and Fontein.

Aruba and surrounding islands were first discovered in 1499 by the Spaniard Alonso de Ojeda. These islands became the first Spanish Colonies in the West Indies, and Spain maintained absolute power over them for more than one hundred years.

In 1634 Aruba fell under management of the West India Company (Dutch), whose ships conquered the Spanish in Curaçao. Chosen families were given permission at that time to engage in commerce of the islands. From time to time other early seafarers made attempts to capture and colonize Aruba. The British and French made attacks on different occasions. The former occupied the island for twelve years. However, in 1815, the year of the Peace of Paris, all territory was restored to the Dutch. The importation and sale of slaves became unlawful in the islands in 1816.

From 1824 to 1916 productive gold and phosphate mines were operated in several areas of Aruba. For over one hundred years Aruba supplied seventy per cent of the world's supply of aloin, a bitter drug derived from the aloe plant.

The year 1924 saw the beginning of plans to make San Nicolas harbor a transshipment station for crude oil hauled from Lake Maracaibo in shallow-draft vessels. This crude oil was transferred to larger ocean-going tankers bound for refineries. In 1928 the construction of an oil refinery was begun. Today the Lago Oil and

Transport Company, Ltd. has the largest refinery throughout in the world, and is the mainstay of the island's economy. Aruba also has the world's largest sea water distillation plant.

The official Aruba language is Dutch. An old language of the people called Papiamentu has idiomatic phrasings composed of Spanish, French, Dutch, Portuguese and English, with Indian and African elements included.

Aruba is formed principally of several varieties of white coral, granite, and basalt, with some prehistoric volcanic lava. The entire leeward length of the island is fringed by a coral reef. The highest hill, known as Yamanota, is less than six hundred feet above sea level. Growing there in season are beautiful flowering trees: the Kibra Hacha, with gorgeous yellow flowers, and the Mata Raton with a Wisteria-like blossom. The Kwigi tree is famous for beautiful hardwood. The Shimarucu tree is the West Indian tree with vitamin-packed cherries. Blown by persistent breezes, the divi-divi tree forms a sharply angled silhouette pointing to the west. The principal cover of the island consists of tropical cacti of many varieties, but on the leeward end of the island are found beautiful palm groves.

The trade winds blow from Northeast to Southwest nine months of the year, maintaining an average temperature of Eighty-two Degrees Fahrenheit. The rainy season, usually coming in the last three months of the year, brings most of the annual nineteen inches of rainfall. In this climate outdoor sports and social activities abound.

The white sand beaches beckon to the bathers and sun worshippers of the Twentieth Century. The plush new Aruba Caribbean Hotel and Casino makes an ideal location for the seekers of an exotic vacation.

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